

Creamy Broccoli Soup with Red Pepper Crème

Ingredients:

- * 2 tbsp olive oil
- * 2 onions, chopped
- * 4 stalks celery, chopped
- * 3 lbs broccoli, stems trimmed and coarsely chopped & florets cut into bite size
- * 8 cups vegetable stock or water
- * 1 tsp sea salt
- * 1/2 tsp fresh ground black pepper
- * 1/2 cup Red Pepper Crème (recipe follows)



Red Pepper Crème:

- * 1 red bell pepper roasted, peeled & seeded
- * 1/4 cup raw cashews
- * 2 tbsp unsweetened plain soymilk
- * 1 tbsp freshly squeezed lemon juice
- * 1/2 tsp sea salt

The crème will keep for
1 day, refrigerated.

The soup will keep for
2 days, refrigerated.

Directions:

Heat oil in heavy stockpot over medium heat. Add onions, celery & sauté for 5 min. Add all but 4 cups of the broccoli florets. Sauté 10 min or until veggies are crisp-tender. Stir in stock, salt & pepper, cover and bring to a simmer over high heat. Decrease heat to medium low and simmer about 20 min until veggies are tender. Using a hand held immersion blender, puree the soup until smooth. Add the remaining broccoli floret and return to simmer over medium-high heat for 8 min. Season to taste as desired.

Roast red bell pepper over gas flame or broil in oven for about 5-7 minutes. Turn occasionally until the skin of the pepper blackens. Enclose the pepper in a paper bag and set aside until cool enough to handle. Peel and seed.

Blend the roasted pepper, cashews, soymilk, lemon juice and salt in a blender until smooth and creamy.

Ladle soup into bowls and drizzle the Red Pepper Crème.