



# The Micheff Sisters

“Soup and Crackers” 7/20/16

## Creamy Broccoli Soup

### Ingredients:

1 T Olive Oil  
1 medium onion – finely diced  
¾ c celery – finely diced  
3 c potatoes – cut into small cubes  
6 c water  
1 T McKay’s Chicken Style Seasoning and Broth  
8 generous cups of small broccoli florets  
3 c original Almond milk – unsweetened  
3-4 T cornstarch  
½ c + 2 T nutritional yeast flakes  
2 T margarine  
2 t salt – or to taste



### Directions:

In a large stockpot, sauté the onions and celery in the olive oil until the onions are clear. Stir in the McKay’s Chicken style seasoning and then add the water. Add the water, potatoes & salt, and bring to a boil. Reduce heat just until it is at a soft boil and cook until potatoes are tender. Add the broccoli and cook another 4-5 min. or just until broccoli is tender. In a small bowl mix the almond milk with the cornstarch. Use 4 T for a thicker soup or 3 T. for a slightly thinner soup. Pour into the hot soup stirring at the same time. Add the nutritional yeast flakes and margarine and stir well. Continue to cook until thickened making sure to stir often. Using an immersion blender, blend the soup until pureed but still leaving some chunky vegetables. If you do not have an immersion blender then put about half of the soup into a blender or food processor and process until pureed. Return the pureed soup back in the stockpot with the remaining soup and stir well. Serve hot.

**Yield:** 14 – 1 cup servings

*Cinda Sanner*