

Vegan Cheezy Broccoli Soup

BEDS Social Media Specialist Valerie Vedral shares her recipe for vegan Cheezy Broccoli Soup, a family favorite! Serve up a warm bowl with some multigrain rolls fresh out of the oven.



Vegan Cheezy Broccoli Soup

Ingredients:

- 4 tablespoons vegan butter, divided
- 1/4 cup flour
- 2 cups plant-based milk
- 6 cups vegan vegetable broth
- 1 medium onion, diced
- 1 cup carrot shreds
- 2 cups chopped broccoli
- 1 teaspoon garlic
- 1/4 cup nutritional yeast
- 2 tablespoons lemon juice
- salt to taste

Directions:

- In a soup pot, melt 1 tablespoon vegan butter and saute onion until soft and translucent. Remove onions from pot and set aside. Add remaining butter and flour. Whisk together with heat on medium until the mixture pulls away from the pot. Slowly add the plant-based milk to make a roux. Once incorporated and thickened, slowly add the broth and whisk until smooth.
- Stir in the carrots, broccoli, garlic and sauteed onions. Turn heat up to high until soup is about to boil. Then turn heat down to medium-low and simmer for about 15 to 20 minutes until vegetables are soft. Add nutritional yeast, lemon juice and salt. Use an immersion blender or food processor to blend the ingredients together. Add more nutritional yeast to taste as desired. Serve warm with multigrain rolls.

Multigrain rolls

Ingredients:

- 1 cup warm water
- 1 envelope fast-rise active dry yeast
- 2 tablespoons sugar
- 2 cups wheat flour
- 1 cup tiger nut flour
- 1 cup spelt or rye flour
- 1 teaspoon bread yeast
- 1/2 cup warm plant-based milk
- 1/4 cup steel cut oats or millet
- About 1/4 cup plant-based milk mixed with 1 tablespoon agave syrup
- Sesame seeds, poppy seeds and sunflower seeds for topping

Directions:

- Combine warm water, envelope of yeast and sugar. Stir and let sit until the yeast begins to bubble and rise. In a food processor, combine wheat flour, tiger nut flour and spelt flour. Can substitute rye, oat or millet flour as needed for the tiger nut and spelt flours. Add a teaspoon of bread yeast along with the steel cut oats or millet. Turn food processor on to combine. Add the yeast mixture to the dough and process to combine. Then add the warm plant-based milk. Process until the dough pulls away from the sides of the food processor. Remove dough from food processor and place in a bowl covered with plastic wrap and a wet towel. Set aside in a warm place to rise. Preheat oven to 350 degrees.
- Once dough has risen, shape into rolls. Place rolls on a baking pan and cover with plastic wrap and a wet towel. Allow the rolls to rise a second time.
- When ready to bake the rolls, brush them lightly with a mixture of plant-based milk and about 1 tablespoon agave syrup. Sprinkle with seeds. Bake until rolls are golden, about 30 minutes. Dunk into soup as desired!