

Dairy free, gluten free, vegan option. Free of eggs, soy, peanuts, sesame, tree nuts. Tastes amazing! It's also great with a little added protein like bacon.

INGREDIENTS

- 4-5 cups fresh broccoli florets
- 1 Tablespoon olive oil
- Salt and black pepper
- 4 cups unsalted chicken broth (or use vegetable broth for vegan)
- 1 ½ cups canned coconut milk (or Silk heavy cream or Silk half and half)
- 3-4 Tablespoons corn starch
- ¼ cup nutritional yeast flakes
- 1 teaspoon Cajun spice (we use this as an all-purpose spice on everything)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt (omit if using salted broth)
- ¼ teaspoon black pepper
- 1 cup dairy free shredded cheddar style cheese



INSTRUCTIONS

1. Preheat oven to 350 degrees F. Spray a cookie sheet with some spray oil and set aside.
2. Wash broccoli and cut into about 1 inch florets. Toss with the olive oil and some salt and pepper.
3. Spread out onto the oiled cookie sheet and roast in the oven for 10 minutes.

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Recipe source <https://thefitcookie.com/dairy-free-broccoli-cheese-soup-gluten-free/>

4. Stir the broccoli, and then return to the oven for another 10 minutes.
5. While the broccoli is cooking, add the broth to a large soup pot and cook over medium heat.
6. In a medium bowl, whisk together the canned coconut milk, cornstarch, yeast flakes, and seasonings.
7. Add the coconut milk mixture to the broth and whisk in. Lower the heat slightly to medium-low and simmer, stirring this regularly to promote even thickening and to prevent scorching on the bottom.
8. Add the dairy free shredded cheddar cheese to the soup and whisk in. It will take a few minutes for it to melt completely and distribute into the soup. Keep whisking and stirring until it stops sticking to the whisk.
9. Once the broccoli is done cooking, allow to cool for about 5 minutes then chop the broccoli on a cutting board and add to the soup pot.
10. Simmer the soup (still stirring regularly) until it reaches the thickness you like. This soup will thicken as it cools.
11. Serve hot with a sprinkle of dairy free shredded cheese on top and allergy friendly bread.
12. We added chopped bacon to our broccoli cheese soup one of the times we made this and it turns out delicious!

Serving: 1cup | Calories: 222kcal | Carbohydrates: 15g | Protein: 6g | Fat : 16g | Saturated Fat: 11g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 1mg | Sodium: 343mg | Potassium: 405mg | Fiber: 3g | Sugar: 2g | Vitamin A: 407IU | Vitamin C: 42mg | Calcium: 36mg | Iron: 2mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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