

## Creamy Broccoli Soup



### Ingredients

- 1 tablespoon refined coconut oil (optional)
- 1 leek, white and pale green part, thinly sliced  
(Or sub one medium onion chopped)
- 4 cups vegetable broth (low sodium)
- 6 cups broccoli, chopped
- 6 cups baby spinach (optional – if you don't like spinach, omit and increase the broccoli to 8 cups)
- 2 tablespoons almond butter (or sub tahini)
- 1 teaspoon salt
- 1/16 (pinch) teaspoon white pepper
- 2 tablespoons fresh lemon juice or to taste (optional)
- Optional – 1/3 Cup vegan Parmesan  
(Store bought or make walnut, pecan or cashew Parmesan)

Heat oil in a medium saucepan over medium high heat. Note: if cooking without oil, heat up saucepan for a few minutes first. Then add leek/onion and cook until tender, about 6 minutes (note: if not using oil you may need to add water if the onions become dry or stick to the pot).

Add stock, turn up heat to high and bring to a boil. Add broccoli and lower heat to medium low. Simmer, covered, until bright green and tender, about 5 minutes.

Remove from heat. Stir in spinach, almond butter (or tahini) and parmesan if using. Let cool slightly. Season soup with salt and pepper.

Puree soup in batches in a high-powered blender. Stir in fresh lemon juice if desired. Serve hot.

Adapted from Yahoo Food, Martha Stewart, Broccoli-Spinach Soup with Avocado Toasts

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