

Cheesy Vegan Broccoli Soup with Poblano

Ingredients

- ½ cup raw cashews
- 1 poblano pepper
- 1 small onion
- 3-4 cloves garlic
- ¾ lb. broccoli
- ¼ tsp. chili powder
- ¼ tsp. nutmeg
- Oil, for cooking
- 3 cups vegetable stock
- 4 tbsp. nutritional yeast
- 1 tbsp. miso paste
- 1 tbsp. apple cider vinegar
- 1 tsp. fresh thyme (or ½ tsp. dried), plus more to garnish
- Salt and pepper, to taste

Steps

1. Place the cashews in a small saucepan, and fill with water. Boil the cashews for at least 10 minutes, before removing them from the stove and draining the water. Set aside.
2. Cook your poblano pepper by turning your broiler on high, and placing the pepper directly on the rack. When you start to smell a little charring, turn your pepper a quarter turn. Repeat, until all four sides have charred. Take from the oven and place in a clean dishcloth, covering it and allowing it to steam for about 5 minutes or longer. Peel off the charred skin, remove the stem and seeds, roughly chop, and set aside.
3. Diced your onion, roughly mince your garlic, and chop the broccoli (stems and all) into small pieces. Heat some oil in a pot, and add the garlic and onions on medium heat, sautéing until the onions soften a little. Add the chili powder, and nutmeg, stir, and add the broccoli and poblano peppers. Stir to coat the broccoli in the oil and spices, and add the vegetable broth. Bring to a boil, reduce to a simmer, and cook until the broccoli is easily pierced with a fork.
4. Transfer the soup to a blender, along with the softened cashews, nutritional yeast, miso, apple cider vinegar, and thyme. Blend until smooth, using caution as the liquid is very



hot. Add salt and pepper to taste, and serve.