

White Bean Creamy Vegan Artichoke Soup

Ingredients

- Olive oil, for cooking
- 1 medium-sized onion, diced
- 4 cloves of garlic, minced
- 5 leaves of fresh sage, plus more if making crispy sage garnish
- 2 tbsp. nutritional yeast
- ¼ tsp. red pepper flakes
- 14 oz. can artichokes, drained
- 2 cups vegetable broth
- 15.5 can white beans, or 1¾ cups cooked white beans, drained
- ½ cup chopped and packed parsley
- Salt and pepper, to taste

Steps

1. Heat a couple tablespoons of olive oil in a medium-large pot, and bring to a medium heat. Add the onions, and sauté for a few minutes until fragrant. Chop up your 5 sage leaves, and add them to the pot, along with the garlic. After another couple minutes, add the nutritional yeast and red pepper flakes, mix it up, and throw in the artichoke hearts. Mix, to coat them in the spices, and add the vegetable broth. Bring to a light simmer.
2. Add the beans and parsley to a blender, and pour in the vegetable broth with all the ingredients in the pot. Blend until smooth, and then return to the stove. Season with salt and pepper, to taste, and heat until at the desired temperature. Serve warm.
3. If you do want to add a crispy sage garnish, heat a little oil in a skillet. Add whole sage leaves in a single layer, and after 20 seconds or so flip. Cook for a few more seconds, remove from the heat, and sprinkle with salt.

