

Vegan 7-Veggie & Cheeze Soup



30 min.



4 servings



PER SERVING
297 CAL
FAT: 6.5g
CARB: 51g
PROTEIN: 11g

30

INGREDIENTS

- 1½ tbsp Olive Oil
- 3 cups Onion, chopped
- 3 cloves Garlic
- 1 cup Celery, chopped
- 1 cup Carrots, chopped
- 6 cups Broccoli, chopped
- 3 cups Sweet Potato, cubed
- 5½ cups Vegetable Broth
- 4 tbsp Nutritional Yeast
- ¼ tsp Cayenne Pepper
- 1 tsp Salt
- ¼ tsp Pepper
- 1 tsp Lemon Juice



DIRECTIONS

1. Chop onion and garlic. Grab a very large pot (about 6½ quarts) with a lid and set aside.
2. Add the onion and garlic with the oil into the pot and sauté over medium heat for a few minutes. Season with a couple pinches of salt and pepper.
3. Add the celery, carrots, broccoli, sweet potato one by one, as you chop them. Continue to sauté over medium heat, stirring every once and a while so it doesn't stick to the bottom. Cover the pot with a lid and cook the vegetables for 4 to 5 minutes, reducing heat if necessary.
4. Remove lid and stir in the broth. Bring the soup to a low boil. Reduce heat to low/medium and cover with lid. Simmer for 10 to 15 minutes, until the squash and potato are fork tender.
5. Turn off heat and remove lid. Allow the soup to cool slightly for 5 minutes or so. After cooling, carefully scoop the soup into a blender (you'll have to do this in a couple batches most likely) and add in the nutritional yeast and optional cayenne, if using. Carefully blend the mixture with the lid ajar (to allow heat to escape), starting at a low speed and increasing the speed until smooth. Season with salt and pepper to taste. Alternatively, you can use an immersion blender.
6. Pour all of the pureed soup back into the original pot. Now, stir in the lemon juice, to taste, about 1 teaspoon at a time. This helps give the soup flavors some brightness.
7. Ladle into bowls and enjoy! The soup should stay fresh for a week in the fridge. To freeze, add cooled soup into a container or glass jar, leaving 1 inch at the top for expansion. Secure lid and freeze for up to 1 to 2 months.

Original Recipe: <https://www.eatthismuch.com/recipe/view/vegan-7-veggie-cheeze-soup,391793/>