

Creamy Broccoli Soup for the Ninja Bullet or Blender
Chef Kathryn and The South Huntington Library
February 22, 2021

Serves 3-4

Ingredients:

¼ cup of raw unsalted cashews
½ small Spanish or sweet onion, chopped
2 Tablespoons cold pressed olive oil
3-4 garlic cloves, minced
Pinch of red pepper flakes
½ teaspoon sea salt
1 medium red potato, chopped medium
1 teaspoon ground thyme
2 cups water
1 ½ cups broccoli (don't press down)
Pinch of ground pepper
Garnish 2-3 scallions, white and green parts, chopped
2 Tablespoons flat-leaf parsley

Procedure:

1. Soak ¼ raw cashews in ½ cup of water and set aside for one hour
2. In a medium size saucepan, sauté the chopped onion in 2 Tablespoons of olive oil until soft and fragrant about two mins., then add garlic, stir for one-minute until garlic gets color
3. Add the red pepper flakes, sea salt, red potato, and stir one minute, add the teaspoon of ground thyme, stir
4. Drain the cashews saving 1 Tbsp. of the liquid, add to the pot. Add the 2 cups water and the broccoli pieces
5. Bring to a boil for about 6 minutes then return to a simmer for 8 minutes, add a pinch of ground pepper, cool 5 mins.
6. Place the cooled soup into a regular 24-ounce Ninja cup, (or blender) press start -puree for 25-30 seconds. (looks creamy)
7. Return soup to the pot and simmer until heated through. Garnish and serve

Chef's notes: use all organic ingredients for taste and nutrition
Add some grated cheddar cheese on top for a special treat but does not need (it's a thick soup). I love how fast and easy this soup is!!

Recipe by Chef Kathryn Bari-Petritis, all rights reserved 2021.
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