



# **Broccoli Soup**

**(Serve hot or cold)**

**Gluten free and dairy free**

**3 T. extra virgin olive oil  
1 large onion, chopped  
4-5 cloves of garlic, chopped  
2 pounds broccoli, chopped  
7-8 cups of water for cold soup or chicken stock if you are serving it hot  
2 tsp. dried tarragon  
1/2 cup cashew butter or almond butter  
1/2 tsp + Herbamare  
1/2 tsp thyme  
1/2 tsp fresh parsley, chopped  
fresh ground Himalayan salt  
fresh ground pepper  
1 scoop USANA Plant Protein**

**In a stockpot put in onions & oil and put on medium heat until softened.  
Then add the chopped garlic, broccoli and sauté for about a minute.  
Next add the water or chicken stock and all the herbs. Cover and simmer for 20 minutes  
or until the broccoli is tender. Don't overcook the broccoli.**

**Add the cashew butter or almond butter and simmer for about 5 minutes.  
Add the fresh ground Himalayan sea salt, fresh ground pepper and Plant Protein and put  
the entire soup into the blender.  
Blend it up for 30 seconds or until fully blended together.**

**If you want hot soup then pour it back into the pot and heat on low.**

**If you want cold soup then chill it in the fridge and serve in an hour.**

**Serve hot or cold soup with chopped fresh parsley or dill as a garnish.**