

Broccoli Red Pepper “Cheddar” Chowder



INGREDIENTS

1 T. ~~coconut oil~~ (Use water instead to sauté. Add more if veggies stick)
1 onion, chopped
1 potato, diced
1/2 red pepper, chopped
2 1/4 cups gluten-free veggie broth
1 t. whole mustard seed
1/2 t. ground mustard seed
1 t. ground cumin
1/2 t. salt
A few generous grinds of pepper
1 large clove garlic, minced
1 small head broccoli, cut into bite-size pieces
1/3 cup nutritional yeast
2 T. tahini (I used cashew butter)
1 T. lemon juice or more to taste

In a 2 quart kettle, heat the onions, red pepper, potato, mustard seed and cumin. Sauté several minutes until onions begin to soften (add water if the vegetables begin to stick). Add the broth, pepper and garlic. Bring to a simmer. Simmer 5 minutes. Add the broccoli and continue to simmer until potatoes are soft and broccoli is tender. Remove from heat.

Using a stick blender or regular blender, puree the soup. If you so desire, you can scoop out a few pieces of broccoli before you puree it. Leave some chunks since this is a chowder, not a cream soup.

Add the nutritional yeast, cashew butter and lemon juice. Salt and pepper to taste if desired (I didn't).