



## Luxurious 7-Vegetable and "Cheese" Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



10

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 6 cups broccoli florets packed (from 1 large bunch broccoli)
- ☐ 1 cup carrots peeled chopped (from 2 small carrots)
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup celery chopped (from 2–3 stalks)
- ☐ 0.3 teaspoon cinnamon
- ☐ 1.5 cups delicata squash seeded chopped (from 1 very small squash 275 g)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 3 large garlic cloves minced

- ☐ 5 tablespoons nutritional yeast
- ☐ 1 teaspoon salt and pepper to taste
- ☐ 2 cups onion sweet chopped (from 1 large onion)
- ☐ 2 cups sweet potatoes and into peeled chopped (from 1 small sweet potato, 320 g)
- ☐ 6 cups vegetable broth

## Equipment

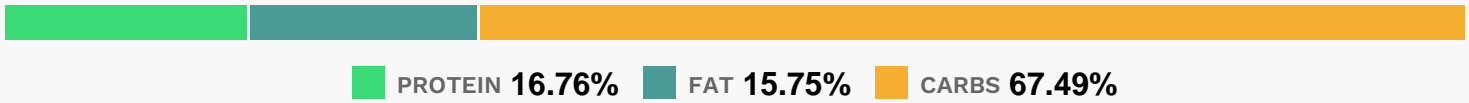
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

## Directions

- ☐ Grab a very large pot (about 6.5 qt) with a lid and set aside.
- ☐ Add the onion and garlic with the oil into the pot and saute over medium heat for a few minutes. Season with a couple pinches of salt and pepper.
- ☐ Add the celery, carrots, broccoli, sweet potato, and squash, one by one, as you chop them. Continue to saute over medium heat, stirring every once in a while so it doesn't stick to the bottom. Cover the pot with a lid and cook the vegetables for 4–5 minutes, reducing heat if necessary.
- ☐ 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 10–15 minutes, until the squash and potato are fork tender. Turn off heat and remove lid. Allow the soup to cool slightly for at least 10–20 minutes. After cooling, carefully scoop the soup into a blender (you'll have to do this in a few batches) and add in the nutritional yeast, optional cayenne, and cinnamon. 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.
- ☐ Transfer pureed soup into another bowl or jar and repeat this step for the remaining soup.
- ☐ Pour all of the pureed soup back into the original pot and stir to combine the seasonings. Adjust salt and pepper to taste. Ladle into bowls.
- ☐ Garnish with toasted pumpkin or Pepita seeds and a sprinkle of cinnamon or smoked paprika.
- ☐ Serve with toasted bread or croutons.

☐ Transfer leftovers into jars and allow to cool before securing the lid and placing in the fridge. It should stay fresh for a week in the fridge and it can probably be frozen too.

# Nutrition Facts



## Properties

Glycemic Index:28.08, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:15.774782460669%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

## Nutrients (% of daily need)

Calories: 99.37kcal (4.97%), Fat: 1.88g (2.9%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 13.86g (5.04%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 849.57mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 6857.16IU (137.14%), Vitamin C: 54.41mg (65.95%), Vitamin K: 62.02µg (59.07%), Fiber: 4.28g (17.13%), Potassium: 508.27mg (14.52%), Manganese: 0.29mg (14.5%), Folate: 55.01µg (13.75%), Vitamin B6: 0.26mg (12.87%), Phosphorus: 69.64mg (6.96%), Magnesium: 26.42mg (6.6%), Vitamin B2: 0.11mg (6.59%), Vitamin B5: 0.66mg (6.55%), Vitamin B1: 0.09mg (6.03%), Iron: 1.06mg (5.9%), Vitamin E: 0.85mg (5.68%), Calcium: 55.54mg (5.55%), Copper: 0.11mg (5.49%), Vitamin B3: 0.8mg (3.98%), Zinc: 0.44mg (2.93%), Selenium: 1.94µg (2.77%)