

Vegan Cream of Broccoli Soup

Even though milk, cream, cheese, and dairy aren't on the AVOIDANCE list, many mold-sick people feel better minimizing them. Dairy is a tried and true phlegm producer. For people who struggle with dry, irritated sinus passages, it's a soothing food-based friend. But for people whose sinuses are already phlegmy, congested, clogged, and swollen, it's an unwelcome mucous-producing foe.

This recipe solves the problem for those who love cream soups, but for whom cream soups do not love them back.

SUPPLIES

Large stock pot

Spatula

Blender

Cutting board

Large spoon

Shallow baking dish

Kitchen knife

Vegetable peeler

INGREDIENTS

1 leek

Reserved broccoli stems from another bunch

4 stalks celery

2 stalks kale

4 shallots

2 quarts vegetable broth

2-3 cloves garlic

1 medium zucchini

1 medium fresh ginger root

1 large bunch parsley

3 Tbsp olive oil

2 tsp salt

½ - 1 cup tahini, per desired creaminess

¼ tsp black pepper

1 bunch broccoli with stems

DIRECTIONS

1. Dice leek and celery, reserving and loosely chopping the celery tops.
2. Peel shallots. Dice shallots and mince garlic.
3. Peel ginger root and coarsely chop.
4. Reserve cuttings for soup stock.
5. In stock pot, sauté celery, leek, shallot, and garlic in olive oil until softened. Add water as needed to prevent browning. Add a few pinches of salt and a bit of ground black pepper.
6. Stem broccoli and kale and gather stems. Chop stems.
7. Add vegetable broth and chopped stems to pot. Boil until broccoli stems begin to get tender.
8. Chop broccoli tops and zucchini. Reserve zucchini seeds for roasting. (below)

9. Add zucchini and broccoli tops to pot and boil for 3-5 more minutes.
10. Gather kale and parsley leaves, reserving a little parsley for garnish. Coarsely chop kale and parsley and gather celery tops.
11. Add celery tops, kale and parsley to pot. Push greens down into broth and boil for 3-5 more minutes.
12. Remove from heat, making sure to remove while greens are bright.
13. Add tahini and chopped ginger, and stir in.
14. In divided batches, blend soup in blender for a good, long, time until really really smooth.
15. Serve immediately, garnished with reserved parsley and roasted zucchini seeds. Also freezes well.

ROASTED ZUCCHINI SEEDS

1. Squeeze zucchini seeds from pulp onto greased shallow roasting dish.
2. Season as desired.
3. Seeds may pop while roasting. To prevent them popping off the dish, loosely cover with aluminum foil near the end of the roasting time.
4. Roast at 350°F for 10-15 minutes.