



Unbelievably Cheesy, Creamy Broccoli Soup Recipe With a Secret

This soup is proof that comfort food doesn't need cream, cheese, or oil to taste indulgent. It's thick, velvety, and loaded with deep flavor—yet it's completely dairy-free and oil-free.

The secret? A smart combination of blended vegetables, cashew butter, and nutritional yeast that creates richness and depth without heaviness. The result is a cozy, satisfying broccoli soup that surprises people after the first spoonful—and again when you tell them what's not in it.

It's nourishing enough for everyday meals, comforting enough for cold nights, and practical enough for meal prep. Bonus: it freezes beautifully and reheats like a dream.

Watch the YouTube demo to see how easy this comes together!

Ingredients

- 4½ cups vegetable broth, divided
- 1 small yellow onion, chopped
- 1 cup celery, chopped
- ¾ cup carrot, chopped (about 1 large carrot)
- 4 cups broccoli, cut into florets
- 5 garlic cloves
- ½ cup cashew butter ([link to recipe](#))
- 2 tsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp Eat Your Veggies Sprinkle ([link to recipe](#))
- ½ tsp dried thyme
- ½ tsp dried dill
- ¼ cup nutritional yeast
- Salt & pepper to taste
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Instructions

1. In a large soup pot over medium heat, cook the onion, celery, carrot, and garlic for about 10 minutes, until soft and translucent.
2. While the vegetables cook, steam the broccoli on the stove over high heat, covered, for about 7 minutes until tender.

3. Add 1 cup of the vegetable broth to a high-speed blender.
4. Transfer the cooked vegetables into the blender and blend for 1–2 minutes, until completely smooth.
5. Add the remaining vegetable broth to the soup pot and keep warm over low heat.
6. Reserve 1 cup of the cooked broccoli florets and set aside.
7. Add the remaining broccoli to the blender and blend until well combined with no chunks.
8. Add the cashew butter, apple cider vinegar, and Dijon mustard to the blender and pulse briefly to combine.
9. Pour the blender contents back into the soup pot and stir well.
10. Add the thyme, dill, and nutritional yeast and stir again.
11. Gently squeeze the reserved broccoli with your hand to break it into smaller pieces and add it to the soup. Season with salt and pepper to taste.
12. Cover and simmer over medium-low heat for 20–25 minutes, stirring occasionally.

Voilà! Ready to serve.

Bon Appetit!