

BROCCOLI CHEESE SOUP

INGREDIENTS

3 cups chicken or vegetable stock	1 cup cauliflower florets
2 cups chopped broccoli florets	2 cups shredded sharp cheddar
1 small white onion, diced	sea salt
1 cup almond milk	pepper

PROCEDURE

Stir together stock, diced onion and broccoli in a medium saucepan.

Heat over medium heat until it comes to a low boil.

Reduce heat to medium and continue boiling for about 5 minutes, or until the onions are tender.

Stir in the almond milk and continue cooking for 3 minutes or until the mixture returns to a simmer.

Remove from heat and stir in the cheese until melted.

Season soup with salt and pepper to taste. Serve warm.