

Creamy Vegan Cheddar Broccoli Soup with Kale (Plant-Milk, Dairy-Free, Nut-Free, High-Protein)

Prep: 10 minutes • Cook: 30 minutes

A silky, dairy-free broccoli “cheddar” soup made with oat milk, vegan cheddar, miso, and nutritional yeast, finished with ribbons of tender kale. Comfortingly rich and savory without coconut or nuts.

Ingredients

- 4 cups broccoli florets
- 1 small onion (diced)
- 3 to 4 cloves garlic (minced)
- 2 cups kale (chopped)
- 3 cups oat milk (unsweetened)
- 1 tablespoon vegan oyster mushroom sauce
- 1 tablespoon lemon juice
- 1 cup BetterFoods vegan cheddar (shredded)
- 3 tablespoons nutritional yeast
- 1 tablespoon miso paste (white or yellow)
- 2 tablespoons vegan butter
- 1 tablespoon flour
- 1 teaspoon salt (plus more to taste)
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme
- pinch turmeric (optional, for color)

Instructions

1. Sauté the aromatics: In a large pot, melt the vegan butter. Add diced onion and minced garlic; cook until soft and fragrant.
2. Add broccoli and seasonings: Stir in broccoli florets, dried thyme, paprika, salt, black pepper, flour, and nutritional yeast; toss to coat.
3. Pour in liquids and simmer: Add oat milk, miso paste, and vegan oyster mushroom sauce. Bring to a gentle simmer and cook until broccoli is tender.

4. Blend: Use an immersion blender to lightly or fully blend to your desired creaminess.
5. Add cheddar and kale: Stir in vegan cheddar until melted, then add chopped kale and simmer 2–3 minutes until wilted.
6. Finish: Stir in lemon juice, taste, and adjust salt and pepper as needed.

Tags: Vegan, Soup, Dairy Free, Broccoli, High Protein, Comfort Food

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