
Cream of Broccoli Soup

Esther Gamayo

Servings: 8

2 1/2 Ounces Vegan Margarine or Vegetable Oil

2 1/2 Ounces Unbleached White Flour or Whole Wheat White Flour

5/8 Tablespoon Vege Chicken Seasoning (mckay's)

1/3 Gallon Soy Milk, Plain

5/8 Pound Potato, Diced, Fresh, cooked

5/8 Tablespoon Olive Oil

1/2 Cup Celery, Fresh, diced fine

1/3 Small Onion, Yellow, Chopped

1 7/8 Ounces Fresh Carrots, Shredded

5/8 Clove Garlic, Chopped

1 Pound Broccoli Florets, Fresh

1/2 Teaspoon Salt

5 1/8 Ounces Tofutti Better Than Sour Cream (vegan Sour Cream)

In a medium saucepan, make a roux of margarine or vegetable oil, flour, pepper, seasoning, and salt.

Heat soy milk in a medium pot and simmer for 10 minutes.

Add milk to roux and stir with wire whip till smooth and thickened.

Add potatoes to white sauce.

Saute` garlic, onion, and celery for few minutes in olive oil.

Add carrots and broccoli, and saute` for another minutes.

Add to white sauce.

Blend in vegan sour cream.

Per Serving (excluding unknown items): 10 Calories; 1g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 128mg Sodium. Exchanges: 0 Fat.