

Cream of Broccoli Soup (or Asparagus or Mushroom Soup)

1 head of broccoli
2-3 cups of vegetable broth
¼ cup rice milk (or other alternative milk)
salt and pepper to taste

(Alternative: Replace the broccoli with a large bunch of asparagus spears or 1 lb of mixed, diced mushrooms)

1. Steam broccoli in vegetable broth.
2. Strain the broth into a bowl.
3. Put the broccoli and ¼ of the broth into a blender and blend.
4. Return the blended broccoli to the stock pot and add the reserved broth. Add the milk.
5. Add salt and pepper to taste.