

Broccoli Almond Soup

Sondra McCaffrey

4 cup water	¼ cup Tamari soy sauce
1 cup yellow onion, diced	1-2 large garlic cloves; pressed or minced
¾ cup thinly sliced raw almonds or Blanched whole raw almonds, reserving ¼ cup for garnish	1 tsp. Spike seasoning
1 cup celery, thinly sliced (w/some leaves)	2 Tbls. butter
1 lbs. broccoli - 2 cup sliced stems; 3 cup florets	1½ tsp. Oregano, crumbled
	½ tsp. basil, crumbled

Bring to boil (in a 3 qt. stock pot) water, onion, ½ cup almonds, and celery. Simmer, covered, for 20 minutes (or until onions are tender).

Meanwhile prep broccoli. Cut off and discard woody stems. Thinly slice remaining stems. Break florets into very small, bite-sized pieces, and set aside for later. When onions are tender, add the chopped broccoli stems, tamari, garlic, Spike, butter, oregano, and basil. Simmer, covered, for 10 minutes.

Add reserved florets, and simmer 5-10 minutes, or until florets are barely tender and bright green. If a thinner soup is desired, add ½ - 1 cup water. Adjust seasonings to taste. Serve garnished with reserved almonds.