

## Chilled Broccoli and Cauliflower Soup with Tofu



### Makes:

8 servings

### Utensil:

Blender

Saladmaster Food Processor

5 Qt./4.7 L Roaster with Cover

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1

large

yellow onion, strung, use Cone #2, (approximately 2 cups)

(300

g)

1

teaspoon

fresh or dried basil, chopped fine

(5

mL)

<sup>1</sup>/<sub>4</sub>

teaspoon

black pepper

(1.25

mL)

6

cups

vegetable stock

(1.4

l)

2

cups

broccoli florets

(300  
g)  
2  
cups  
cauliflower florets  
(300  
g)  
12.3  
ounces  
tofu, cubed  
(250  
g)

**Directions:**

1. In roaster over medium heat, sauté onion, garlic, basil and pepper for approximately 5 minutes.
2. Add stock and bring to a simmer.
3. Add broccoli and cauliflower and reduce heat to low, cover and cook until vegetablesw are tender, approximtely 5 minutes.
4. Add cubed tofu and cook thoroughly, about 5 more minutes.
5. In batches, transfer to blender and blend until smooth.
6. Let cool for 30 minutes and then refrigerate until chilled.

Nutritional Information per Serving

**Calories:**

220

**Total Fat:**

6g

**Saturated Fat:**

1g

**Cholesterol:**

2mg

**Sodium:**

1279mg

**Total Carbs:**

27g

**Dietary Fiber:**

3g

**Sugar:**

3g

**Protein:**

15g