

## 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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### Recipe:

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1/4 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 vegetables are tender, approximately 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

<b>Total</b>	27g
<b>Carbs:</b>	
<b>Dietary Fiber:</b>	3g
<b>Sugar:</b>	3g
<b>Protein:</b>	15g

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