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Samah Dada's Vegan Creamy Broccoli Soup with Tadka (Indian Tempered Spices): Recipe from the God's Love Holiday Catalog

By [Emmett Findley, Director of Communications](#)



This creamy broccoli soup is velvety, delicious, and perfectly spiced – while also being completely vegan! It's a great soup to sneak in those veggies during the holidays, while also remaining inclusive to every dietary preference at your dinner table. Let's just say it's sure to convert even the most picky of broccoli eaters. The sizzling tadka involves adding whole spices to hot oil to allow the spices to bloom, extract and enhance their flavors. I love adding an Indian, spicy flair to traditional comfort foods, and this creamy broccoli soup is no exception. Plus, we use the broccoli stalks in this soup as well, because food waste is not cute.

~ Samah Dada

Vegan Creamy Broccoli Soup with Tadka (Indian Tempered Spices)

Soup Ingredients:

2 tbsp olive oil
1 yellow onion, roughly diced
3 cloves garlic, minced
1 tsp cumin
1 tsp coriander
¼ tsp cayenne
Kosher salt to taste
Freshly ground pepper to taste and more to garnish
2 heads broccoli (stalks and florets)
1 can full fat coconut milk
3 cups vegetable broth
3 handfuls fresh baby spinach
Squeeze of fresh lemon (optional)

Method:

1. Heat olive oil in a large, deep pan or pot. Once the oil is shimmering, add the onions and cook until they start to brown slightly. Add the garlic and cook with the onions for 2 minutes. Add the cumin, coriander, cayenne, salt and pepper. Roast with the onions and garlic for about 2 minutes.
2. Trim the end of the broccoli, then cut it into florets. Slice the stalks. Add just the sliced stalks to the pan. Cook for a couple minutes, then add the coconut milk and vegetable broth. Cover and simmer until the broccoli stalks start to become tender. Then add the florets and cover again until the florets are bright green and tender. Season to taste. Add spinach and cook until it wilts.
3. Transfer the soup in increments to a blender and blend on high until completely smooth – you can also use an immersion blender. Immediately pour the tadka over the soup. Enjoy!

Tadka Ingredients:

2 tbsp high-heat oil (a good quality EVOO or avocado will do)
½ tsp mustard seeds
½ tsp cumin seeds
1 tsp sliced garlic
2 whole dried
red chilis

Tadka Method:

1. Heat your olive oil.
2. Once hot, toss a couple mustard seeds in to check if the oil sizzles.
3. Then, add in the mustard seeds, cumin seeds, red chilis, and finally sliced garlic.
4. Turn the heat to medium and swirl the spices in oil until garlic is just golden.
5. Take off the heat and immediately pour over the soup. Enjoy!

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Padma Lakshmi's Cranberry Chutney: Recipe from the God's Love Holiday Catalog

My sweet great-aunt Bala used to make this chutney every year at Thanksgiving, and I must say it saved many a turkey sandwich from pathetic dullness. In college, I mixed it into boiled rice for a quick pilaf and smeared it o...



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Julia Turshen's White Pizza-Style Kale: Recipe from the God's Love Holiday Catalog

This is one of my absolute favorite recipes from my latest cookbook, Simply Julia. It's a skillet of garlicky greens topped with ricotta and mozzarella, broiled until the cheese melts and browns. Then you sprinkle the top wi...

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Zac Young's Blueberry Hazelnut Cake: Recipe from the God's Love Holiday Catalog

© 2021 Galdones Photography Every Thanksgiving, my grandmother would make a "cranberry-walnut bread" which was kind of a cross between a muffin, a cake and a pound cake. In an homage to her, and our home state, I make this ve...