

CREAMY TOMATO SOUP

INGREDIENTS



- 4 C Cashews (raw)
- 4 C Water
- 2 T Healthy oil
- 4 C Onions (minced)
- 1 C Celery (minced)
- 1/2 T Salt
- 2 T Garlic (minced)
- 1 Chipotle pepper (dried **OR** in adobo)
- 1 T Basil
- 1 T Dill
- 1 t Fennel (optional)
- 1 t Cumin
- 1 t Curry
- 1 t Coriander
- 1/4 t Cloves
- 2 cans Tomatoes (chopped)
- Lemon **OR** lime (juice only) (optional)
- Parsley **OR** basil for garnish (chopped) (optional)

DIRECTIONS

- 1 If you have an immersion blender, place the cashews & water in a wide bowl & blend until smooth
OR
use a strong blender like Vitamix **or** a regular blender on high
- 2 In a 5 qt soup pot, heat the oil at a medium heat & add the onion, celery & salt
- 3 Cook slowly & stir occasionally
- 4 When the onions are soft & 'see thru' add the garlic & chipolte
- 5 Cook for 5 minutes & then add the remaining spices
- 6 Stir the soup mix & cook for 3 minutes before adding the tomatoes & cashew 'milk'
- 7 Stir the soup mix & lower your heat to simmer
- 8 Cook until the toup begins to thicken (approximately 10 minutes)
- 9 If you have an immersion blender, blend the soup in the pot
OR
if using a regular blender, add the soup mix in batches & blend until the soup is smooth
& then return the soup to the pot
- 10 Taste to check the seasoning & if desired add the optional lemon or lime juice
- 11 Garnish with parsley or basil (optional)

NOTES

- 1 Reheat on a low heat as it's easy to burn the bottom
- 2 Serves 8-10

