

10-Spice Vegetable Soup with Cashew Cream

Author: Angela Liddon of "The Oh She Glows Cookbook"



PREP TIME: 30 MIN | COOK TIME: 30 MIN | SERVES: 6

Serving Size 1 cup (250 mL) | Calories 170 calories | Total Fat 6 grams | Saturated Fat 1 grams | Sodium 160 milligrams | Total Carbohydrates 23 grams | Fiber 6 grams | Sugar 7 grams | Protein 5 grams

Ingredients:

- ¾ cup raw cashews, soaked in water for at least two hours
- 6 cups vegetable broth
- 2 teaspoons extra-virgin olive oil
- 4 cloves garlic, minced
- 1 sweet or yellow onion, diced
- 3 medium carrots, chopped
- 1 red bell pepper, chopped
- 1 ½ cups peeled and chopped butternut squash or sweet potato
- 2 stalks celery, chopped
- 1 (28 oz.) can diced tomatoes, with their juices
- 1 tablespoon 10-spice blend*
- Salt and black pepper, to taste
- 2 bay leaves
- 1-2 cups baby spinach or destemmed torn kale leaves
- 1 (15 oz.) can chickpeas or other beans, drained and rinsed

1. In a blender, combine the soaked and drained cashews with 1 cup of the vegetable broth and blend on the highest speed until smooth. Set aside.
2. In a large saucepan, heat the oil over medium heat. Add the garlic and onion and sauté for 3-5 minutes, or until the onion is translucent.
3. Add the carrots, bell pepper, butternut squash, celery, diced tomatoes with their juices, remaining 5 cups broth, the cashew cream, and the 10-spice blend. Stir well to combine. Bring the mixture to a boil and then reduce the heat to medium-low. Season with salt and black pepper and add the bay leaves.
4. Simmer the soup, uncovered, for at least 20 minutes until the vegetables are tender. During the last 5 minutes of cooking, stir in the spinach and beans, if desired. Remove and discard the bay leaves before serving.

***10-spice blend:** 2 tablespoons paprika, 1 tablespoon garlic powder, 1 tablespoon dried oregano, 1 tablespoon onion powder, 1 tablespoon dried basil, 2 teaspoons dried thyme, 1 ½ teaspoons ground black pepper, 1 ½ teaspoons salt, 1 teaspoon white pepper, 1 teaspoon cayenne pepper – can be substituted with your favorite store bought Cajun or Creole seasoning.