

Creamy Vegan Tomato Soup

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Makes about 3-4 servings

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This whole food plant based, creamy tomato soup is fast to make in a high speed blender and tastes just like classic tomato soup. Total prep + cooking time is under 30 minutes.

EQUIPMENT

high speed blender - the texture will be more smooth and the blender will heat the soup for you. If you have a standard blender, then just heat the soup on the stovetop once it is blended.

INGREDIENTS

- 1/2 cup cashews, soaked in water for several hours or use fast-soak method below
- 1/2 large onion, roughly chopped
- 1.5 cup broth
- 1 T nutritional yeast powder
- 2 tsp salt
- Pepper (about 10 grinds)
- 1 - 28 oz can regular or fire-roasted diced tomatoes
- 2 fresh tomatoes, quartered
- 1/2 cup loosely packed parsley (it's about 1 small handful)
- 1 T thyme leaves
- 1/2 c coconut milk (or milk of your choice)
- Toppings: parsley, thyme, sautéed mushrooms or cauliflower, cashew ricotta cheese

DIRECTIONS

1. Place ~ 1 c water in a kettle and bring to a boil. While water heats, roughly chop onion.
2. Heat small skillet over med heat. Pour boiling water over the cashews in a bowl.
3. Add onion and ~ 1/4 c water to the skillet and cook for ~ 5 min until translucent, adding more water as needed to prevent onions from burning (oil-free cooking method).
4. Once the onions are cooked, add all ingredients to blender. Drain water from the cashews before adding them.
5. Blend soup for 5 minutes, or use the soup pre-set button on your blender, to make hot.
6. Alternatively, blend for 2 minutes, then heat in a pot on the stove.
7. Serve plain, dressed up with toppings, or pair with a vegan grilled cheese!