

Creamy Vegan Wild Rice Soup-serves 6-8

Ingredients:

- 1/2 cup raw cashews
- 1 medium yellow onion
- 2 celery ribs
- 3 medium carrots
- 8 oz crimini mushrooms
- 6 cloves garlic
- 2 tbsp extra virgin olive oil
- 1 tbsp dried thyme
- 1 tbsp dried oregano
- 8 cups vegetable broth
- 1 cup wild rice blend
- Himalayan salt & fresh ground pepper
- 2 15 oz cans white northern beans
- 2 tsp dried sage
- 1 tbsp liquid aminos

Instructions

1. Place the cashews in a bowl and cover them with water. Leave them to soak while you make the recipe.
2. Dice the onion, celery, carrot and mushrooms. Mince the garlic.
3. Add olive oil to a large pot and add the onion, celery and carrot and cook, stirring occasionally for 5 minutes until lightly browned. Add mushrooms, garlic, thyme and oregano and cook for 4-5 minutes.
4. Add broth, wild rice, and salt and pepper to taste. Bring to a simmer uncovered for 20 minutes. Then add the beans (drained and rinsed), and continue to simmer uncovered for 30 to 35 minutes more, or until rice is fully cooked.
5. Carefully remove 2 cups of the hot soup and put in a blender along with 1 cup water. Drain the cashews and add to the blender along with the dried sage. Blend on high for about 1 minute until creamy, and pour the creamy mixture back into the soup.
6. Add the aminos and adjust seasonings as desired. Enjoy!