

# CREAMY COMFORT SOUP

Serves 5

## Ingredients

6 cups vegetable broth  
3/4 cup raw cashews, soaked for at least 3-4 hours  
1 TBSP extra virgin olive oil  
3 cloves garlic, minced  
1 medium sweet onion, diced  
3 medium carrots, diced  
1 medium bell pepper, chopped  
1 large sweet potato, chopped into bite size pieces  
2 large celery stalks, chopped  
1 can diced tomatoes  
1 can chickpeas  
2-3 cups baby spinach or kale, chopped  
1/2 tsp smoked paprika  
1/2 tsp salt  
1/2 tsp black pepper  
1/4 tsp onion powder  
1/2 tsp dried thyme  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/8 tsp cayenne powder

## Method

Add cashews to a mason jar or small bowl, cover in water, and let soak for overnight or at least 3-4 hours. In a rush? For a quick-soak method, soak the cashews in boiled water for 30 to 60 minutes. Drain and rinse the cashews.

In a high speed blender, blend together drained cashews and 1 cup of the vegetable broth. Blend until smooth and set aside.

In a large pot, heat the olive oil over medium heat. Add the minced garlic and diced onion and sauté for about 3-5 minutes, or until the onion is translucent. Season generously with sea salt and pepper.

Next, add the chopped carrots, bell pepper, sweet potato, celery, and diced tomatoes with their juices, the remaining 5 cups broth to the large pot. Add in seasonings. Stir well to combine. Bring mixture to a boil, reduce back down to medium-low. Season with additional salt and black pepper.

Let the soup simmer for about 20 minutes uncovered, or until vegetables are tender. Stir occasionally. During the last 5 minutes of cooking, stir in the blended cashew & broth, spinach (or kale), and drained chickpeas. Add additional spices & seasonings if desired. Enjoy immediately! Freezer-friendly: can freeze up to 6 weeks.

## Nutritional Info per serve

Calories: 348  
Fat: 12 g  
Carbohydrates: 48 g  
Protein: 12 g



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