

Vegetable Soup with green lentils

16 ingredients · 1 hour · 10 servings

Directions

1. Place cashews in a bowl and add enough water to cover. Soak the cashews overnight, or for 8 hours. For a quick-soak method, soak the cashews in boiled water for 20 minutes. Drain and rinse the cashews.
2. In a blender, combine the soaked and drained cashews with 1 cup of water and blend on the highest speed until smooth. Set aside.
3. In a large pot, heat the oil over medium heat. Add the garlic and onion and sauté for 3 to 5 minutes, or until the onion is translucent. Season generously with sea salt.
4. Add the carrots, bell pepper, green lentils, sweet potato, celery, and diced tomatoes with their juices, the broth, and 1 to 2 tablespoons 10-Spice Mix (to taste). Stir well to combine. Bring the mixture to a boil and then reduce the heat to medium-low. Season with salt and black pepper, to taste.
5. Simmer the soup uncovered for at least 20 minutes, stirring occasionally, until the vegetables are tender. During the last 5 minutes of cooking, stir in the cashew cream, and spinach. Add more 10-Spice Mix, to taste.

Notes

Substitutes for the lentils

White kidney beans or chickpeas can be added to this soup. If using canned, add them at the last step with the spinach.

Ingredients

3/4 cup Cashews
6 cups Vegetable Broth (divided)
1 tbsp Extra Virgin Olive Oil
4 Garlic Cloves
1 Yellow Onion (diced)
1 Red Bell Pepper
1 1/2 Sweet Potato (diced)
3 Carrot (chopped)
2 stalks Celery
1 1/2 tsp Sea Salt
1 tsp Black Pepper
2 cups Dry Green Lentils
1 cup Canned Whole Tomatoes (with juices)
1 tbsp 10 Spice Blend (see recipe)
2 Bay Leaves
2 cups Baby Spinach

10 Spice Blend

10 ingredients · 5 minutes · 10 servings

Directions

1. Combine all ingredients in a medium jar. Shake before use.

Notes

Uses

This spice can be a great addition of flavor to stews, soups, or bean dishes. Angela Liddon developed this spice blend. You can find it in her book *Oh She Glows!*

Ingredients

2 tbsps Smoked Paprika

1 tbsp Garlic Powder

1 tbsp Onion Powder

1 tbsp Oregano (dried)

1 tbsp Dried Basil

2 tsps Dried Thyme

1 tsp Cayenne Pepper

1 tsp White Pepper

1 tsp Black Pepper

1 tsp Sea Salt