

Carrot Soup

From the kitchen of Toni Truesdell

1 lb. carrots 1 onion
1 handful raw cashews
1 tsp. salt 1 tsp. curry
2 cloves of garlic (to taste)
broccoli
1 Tbsp. vegetable seasoning



Slice and boil carrots, onion & garlic. Blend cooked veggies in blender, with a handful of cashews. (If necessary, add water to make blending easier) Pour into a large pot and add salt, curry and 1 cup (or more) of water with vegetable seasoning in it. Stir well. Add steamed chopped broccoli (or other veggies of your choice) for texture and color.

Cook until bubbly. Enjoy!

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