

# Creamy Mushroom Soup

Soaked and blended cashews give this soup a creamy consistency.

## Categories

Gluten-free

Yields: 6 servings

Preparation time: 10 mins

Cooking time: 30 mins

Category: Soups

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Cashews, raw	1 cup
Olive oil	1 tablespoon
Mushrooms, cooked from fresh	5 cup
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Garlic, fresh	3 clove
Vegetable broth, bouillon or consomme	4 cup
White wine, other types	0.25 cup
Thyme, ground	1 teaspoon
Marjoram, dried	0.25 teaspoon
Oregano, dried	0.5 teaspoon
Crushed red pepper, crushed	1 x 1/4 tsp
Water	0.5 cup
Organic arrowroot starch (powder)	1 x 1 tbsp

## Instructions

Soak cashews for at least an hour in water.

1. In a large pot sauté onion in olive oil until soft.
2. Add garlic and continue cooking for about one minute.
3. Add sliced fresh mushrooms (I use cremini, oyster and shitake, but any will do), and cook another 4 - 5 minutes stirring often, until soft.
4. Add vegetable stock and spices (I use organic vegetable broth in a carton 1L). Bring to boil, reduce heat and simmer for 4 - 5 minutes.
5. Sprinkle crushed red pepper or dried parsley on top (optional).

5. Add white wine (optional).
6. Drain and rinse cashews. Add to blender with 1/2 cup water. Blend until creamy.
7. Use a whisk to blend the cashew mixture into the pot. Simmer for 15 minutes on low heat, stirring occasionally.
8. Combine 1 tbsp of arrowroot powder with 1/2 cup of soup broth from pot in a cup and stir until well combined and no lumps remain. Pour back into the pot and stir to combine. Continue cooking another 5 minutes.
9. Add salt and pepper to taste.