

Creamy Chickpea and Wild Rice Soup

Yield: About 10 servings

Ingredients:

- 6 carrots
- 2 stalks celery
- 2 tablespoons veggie bouillon paste
- 2 cans chickpeas (drained and rinsed)
- 4 bay leaves
- 2 cups wild rice
- 2 tablespoons nutritional yeast or parmesan cheese
- Spices:
 - ½ tsp. rosemary
 - ½ tsp. cumin
 - ½ tsp. thyme
 - ½ tsp. parsley
 - ¼ tsp. salt
 - ¼ tsp. ginger
 - ¼ tsp. coriander
- 2-3 cups cashew cream, for which you'll need
 - 2-3 cups raw cashews
 - salt

Instructions:

- To make 2 cups cashew cream:
 - Soak 2 cups raw cashews overnight in water (or for 1 hour in hot water), then drain the water and blend the cashews with about 1 cup of fresh water and ¼ tsp. salt. For three cups, use 3 cups raw cashews, about 1½ cups water and 3/8 tsp. salt.
- For the soup:
 - Put 10 cups of water and 2 tbsp veggie bouillon paste into a stock pot.
 - Chop carrots and celery into bite size pieces and add to the pot. Bring to a boil.
 - Add spices and rice, then simmer for about 20 minutes.
 - Add bay leaves, chickpeas, cashew cream and nutritional yeast, then simmer for another 10 minutes.
 - Remove bay leaves and serve.