

Carrot, Yam and Cashew Soup

- 4 cups raw sliced carrots
- 2 large raw yams chopped into large pieces
- 4 cups water
- 3 vegetable bouillon
- 1 medium jalapeno seeded and chopped
- 1 medium size onion chopped
- 2 cloves garlic
- 2 Tbsp butter
- ¼ tsp nutmeg
- cayenne pepper to taste
- salt and pepper to taste
- ½ cup finely chopped cashews
- 2 cups soy, rice or almond milk

In a stockpot melt butter and sauté onions, jalapenos and garlic until softened. Add all ingredients except cashews and soy milk, bring to a boil and simmer until vegetables are soft. After cooling, puree the soup in a blender until smooth. Slowly stir in soy milk, which should be at room temperature. Reheat the soup, garnish with 1 tablespoon of cashews sprinkled on top of each bowl, and serve.

*I suggest you double this recipe for longer enjoyment. You won't have any leftovers for freezing!
Using organic vegetables makes this recipe a number one hit!*