

nourish

Creamy Tomato & Basil Soup

2 tablespoons olive oil
1 large onion, chopped
1 stick celery, roughly chopped
1 carrot, roughly chopped
2 garlic cloves, chopped or crushed
3 x 400g cans chopped tomatoes
2 cups hot water
½ teaspoon salt
1 tablespoon honey
½ teaspoon mixed herbs
¼ cup fresh basil, chopped
1 cup raw cashews
1 cup cold water

1. In a large pan sauté onion, celery, carrot and garlic in oil until onion is clear.
2. Add remaining ingredients except cashews and cold water. Bring to the boil then simmer for 20 minutes.
3. Blend to desired consistency with stick blender, or in a blender or food processor.
4. Blend the cashews and water together in a blender or food processor until smooth.
5. Pour nut 'cream' into the soup to taste.