



Soup & Sandwiches

Cream of Vegetable Soup

4 cups corn
2 cups potatoes, peeled and diced
1-cup water
1-tablespoon vegan chicken-like
seasoning
1-teaspoon salt (or more to taste)
½ teaspoon garlic powder

1. Cook vegetables in 1 cup of water with the seasonings, simmering until tender.
2. Meanwhile, blend the basic cream sauce ingredients until very smooth – about 2 minutes
3. Add basic cream sauce to the cooked vegetables, and stir gently while bring to a boil to thicken, adding more water or salt as needed.

Makes 8 cups

TIP: Suggested Vegetable Combinations:

- Broccoli, onion, and red pepper – Broccoli Cream Soup!
- Potatoes and leeks or onions – Potato Soup!
- Carrots, cabbage, potatoes, and beets with a little dill weed – Borscht!

Basic Cream Sauce

1-cup raw cashew nuts
2 cups water
1-teaspoon salt or more to taste
2-teaspoon onion powder
1-tablespoon chicken like seasoning
½ teas garlic powder (optional)
2 Tablespoons cornstarch, flour or clear Jel

1. Place all ingredients in blender and blend on high for about 2 minutes until smooth.
2. Test for smoothness by rolling a drop between thumb and finger. If smooth, pour into a saucepan. Add the 1-½ cups more water to blender, swish it around, and add to the pan.
3. Bring to a boil, stirring constantly to keep it from lumping. As soon as it thickens, remove from heat.
4. If a thicker sauce is needed, return to heat and slowly stir in more starch that has been dissolved in cold water, letting it come to a gentle boil as it thickens.

Makes 4 cups