

Creamy Portobello Soup

Adapted By: Louise McGill RHN

From The Allergy Self Help Cookbook by Marjorie Hurt Jones RN

This creamy soup is milk and cream free. It tastes rich, is delightfully aromatic and has good body, even without flour to thicken it.

½ cup raw cashews

3 cups boiling vegetable stock* or broth or water

2 tbsp olive oil

1 large Spanish onion or large onion chopped

½ pound of Portobello mushroom. (one very large or 2 medium size), sliced to big bite size (cremini mushrooms could be used)

1 ½ tsp dried dillweed

½ tsp sea salt or to taste

Handful of Parsley- chopped

- Place the cashews in a blender and process until finely ground.
- Bring broth to a boil in a medium-large size saucepan
- Take 1 cup of the stock/broth/water to the blender with cashews and process for about 30 seconds
- Take remaining heated broth and pour into blender, but do not blend. (you could but it will likely overflow)
- Using the same saucepan, sauté onions with olive oil over medium heat and cook for 5 minutes stirring occasionally
- Add the mushrooms and cook for 10 minutes or until the vegetables are soft. If the pan gets dry, no need to add more oil, just add a bit of water
- Stir in the dill, salt
- Stir in the cashew mixture and cook on simmer-low, stirring often, for about 15 minutes or until hot and thickened.

Makes: 6 ½ cup- small bowl OR 3 – one cup – full bowls

Serves: 2 – 6 – see note below**

If doubling recipe- use large saucepan. No need to increase the olive oil

**If serving with a dinner, then the small serving would be plenty as it is filling. If making for a lunch meal – then it will serve 2-3 people. Cut up some veggies and serve with a hummus of your choice.

* I use the Imagine Vegetable broth or Campbell's organic vegetable broth.