

Grace's Sunday Soup

Ingredients

- 2 medium yellow onions, chopped
- 2 or 3 red or white potatoes, chopped
- 1.5 to 2 cups raw cashews, soaked overnight
- About 2 quarts veggie broth
- 1 to 2 bay leaves
- 5 big leaves of kale, leaves separated from stalks
- 1 jalapeno chopped
- 1 zucchini, diced into little cubes
- About 10 cremini mushrooms, diced into little cubes
- 1.5 cups frozen peas
- Himalayan salt
- Olive oil
- Red chili pepper flakes
- 1 tablespoon of goo miso paste

Preparation

- While soup mix is simmering, heat a saute pan and add olive oil. Finely dice into cubes the zucchini, kale stalks, mushrooms and peas. Add the stalks to the pan first, and in a few minutes, the rest of the vegetables. Incorporate a cup or so of hot broth to help them cook-let this mixture settle without burning.

- Now blend soup mixture in your vitamix or blender (careful!) until you get a nice puree. Transfer the pots sauteing veggies to the soup, stir, and enjoy!