

## **Creamy Tomato Basil Soup**

Yield: 6 cups

### **Ingredients:**

6 small tomatoes (or 3 huge ones)  
1 packed cup of soaked sun dried tomatoes (save the soak water)  
1 cup of cashews (no need to soak them, but you can for 1hr)  
1 Shallot or green onion, rough chopped  
1-2 garlic cloves  
1 large carrot, rough chopped  
1/4 cup of extra virgin olive oil  
1 teaspoon onion powder  
1 teaspoon garlic powder  
4 Tablespoons dried Basil (or 6-8 leaves fresh)  
½ - 1 cup water (use what you have from the sun dried tomatoes soaking)  
2 tsp of Salt  
1/4 tsp of black pepper

### **Directions:**

Place everything in blender and blend until smooth.

### **Notes:**

Almond Milk works beautifully in this recipe in place of the cashews. If you'd like to try; replace the cup of cashews with a cup of almond cream (Remember creams are made with a 1:1 ratio of nuts to water). Blend almonds and water, strain through your More Than a Nut Milk Bag and add just enough cream to adjust the soup consistency to your liking.

Your soup stores nicely in a glass container in the refrigerator for up to one week.

To keep it 'raw' so those nutrients, antioxidants, phytochemicals and enzymes remain active, serve it at room temperature or use a cooking thermometer and warm it up to 120\* (your finger works nicely too). Ummm Ummm goood.