

Vegan Creamy Tomato Soup and Homemade Croutons

Ingredients Tomato Soup:

2 Tbsp olive oil
1 small white onion, peeled and thinly sliced
3 cloves garlic, peeled and minced
1 (28oz) can whole peeled tomatoes
 $\frac{1}{2}$ cup vegetable stock (I like “Better than Bouillon” brand)
 $\frac{1}{2}$ cup cashew cream (recipe follows)
2-3 tsp granulated sugar
 $\frac{1}{2}$ tsp oregano
 $\frac{1}{4}$ tsp red pepper flakes (optional)
Salt and pepper to taste

Ingredients Cashew Cream:

$\frac{1}{2}$ cup raw cashews
 $\frac{1}{4}$ cup water
1 Tbsp fresh lemon juice
 $\frac{1}{2}$ tsp salt

Ingredients Croutons:

1 $\frac{1}{2}$ cups french baguette, cubed into 1" pieces
1 Tbsp olive oil
 $\frac{1}{4}$ tsp. Salt

INSTRUCTIONS:

1. Preheat oven to 425. Line a baking sheet with parchment paper and set aside.
2. Begin by making the cashew cream. In a high-powered blender, such as Vitamix, combine all the ingredients for the cashew cream, placing the water at the bottom. Blend on high until completely smooth. Set aside.
3. In a medium soup pot, heat up 2 tablespoons of oil over medium heat. Add onions and garlic and saute, stirring frequently, for 5 minutes until onions are translucent and fragrant.
4. Add tomatoes in their juices, vegetable broth, cashew cream, sugar, and spices. With the back of a wooden spoon, break down the tomatoes as best as you can. Bring to a boil and simmer for 10 minutes. Remove from heat.
5. While soup is simmering, place the cubed bread in a big bowl with 1 tablespoon of olive oil and salt, tossing to combine. Spread the bread in a single layer onto prepared baking sheets. Bake for 10 minutes until golden and crispy.
6. Pour your soup into a blender (you may need to do this in batches, or use an immersion blender directly in the pot!) and blend until your soup is completely smooth.
7. Enjoy immediately or store in an airtight container and gently reheat before serving. Serve with homemade croutons.