

## **Melody's Cashew Vegetable Soup (no nightshades)**

### **Large soup-pot yields about 15 servings**

All vegetables local/organic if possible

2 tablespoons of coconut oil

Several carrots cut into ¼ - ½ inch slices

3-4 yams (garnet, Japanese, sweet potatoes... fine to mix it up) peeled (or clean skin well and leave peel on) and sliced into ½ inch rounds... then cut those in half

Several stalks of celery sliced

2-3 red onions slightly chopped

1 large or 2 small bunches of bok choy slightly chopped\*

Head of broccoli florets cut into medium/small (bite-sized) pieces\*

Alkaline water

3-4 cubes of *Rapunzel Vegan Vegetable Bouillon with sea salt and herbs*

One cup (or more, if desired) of raw organic cashews

In large pot, sauté carrots, celery, and onion in coconut oil

Add yams and fill pot ¾ full (I use a very large soup pot)

Add bouillon cubes and bring to boil

As soon as water begins to boil, turn off flame, add bok choy and broccoli, and cover pot.

Let soup sit for an hour.

Ladle about 1/4 or 1/3 of the water and veggies into Vitamix blender (probably fine to use any blender but if you have a vitamix, it works great) and add cashews

Blend well...until creamy

Pour creamed soup from blender back into pot and stir until well combined with remaining soup

Serving tip: squeeze in lots of fresh lime or lemon juice

\*other green vegetables such as kale, chard, etc. can be added or substituted...I just happen to prefer it with broccoli and bok choy