

Creamy Zucchini-Cashew Soup

Yield: 7 cups

Adapted from *Heaven's Banquet* by Miriam Kasin Hospodar

¼ cup ghee or butter
a pinch of hing
1 cup thinly sliced celery
½ sweet bell pepper, sliced
½ tsp. mineral or sea salt

Melt the ghee/butter in a large soup pot, add the above ingredients, cover and cook slowly on low heat for about 30 minutes.

1/3 cup white basmati rice
2 cups vegetable stock

While veggies are cooking, simmer the rice in the veg stock for 15 minutes – set aside.

1 ½ cups toasted cashews (if you use salted nuts, reduce salt in the recipe)
2 cups vegetable stock

Puree cashews in the veg stock and set aside.

When vegetables are done cooking, add the rice/stock and the cashew/stock mixtures to it. Puree in a powerful blender or with an immersion mixer.

For a very smooth, creamy soup, strain the soup into another pot through a sieve.

Season to taste with salt and fresh ground black pepper.

Enjoy by itself with chapatti or with a side of roasted root vegetables.