

CREAMY VEGAN TOMATO SOUP

Serves 4-6



**Great for weekday lunches
with a piece of sourdough.**

- 1 cup raw macadamia nuts
- 2 tablespoons olive oil
- 1 small brown onion diced (or spring onions)
- 2 stalks celery chopped
- 2 small carrots peeled and chopped
- 3 cloves garlic, crushed
- 800g can whole tomatoes undrained
- 2 cups vegetable stock
- 3 tablespoons nutritional yeast optional
- 1/4 cup fresh basil

To serve:

- macadamia nuts toasted
- chopped fresh basil

Heat the olive oil in a small (8-inch) skillet over medium-high heat. Add the onion, celery, and carrots, and sauté, stirring frequently, until veggies have softened, about 5 to 8 minutes. Add the garlic and cook another 2 minutes.

Transfer the sautéed vegetables to a blender, along with the remaining soup ingredients. Blend on high for 2 to 3 minutes, or until soup is completely creamy.

Serve soup with a sprinkle of chopped green onion, fresh basil, toasted chopped macadamia nuts, and a piece of your favourite sourdough, toasted.