

Cream Of Mushroom Soup Homemade & Vegan

This recipe makes about 11 cups



Ingredients

1 cup raw cashews
½ cup water
2 tbsp lemon juice
2 tbsp vegetable broth
1 clove garlic
24 oz mushrooms, sliced
2 onions, diced
5 cups vegetable broth
sage, salt and pepper

Directions:

1. Add cashews, water, lemon juice, 2 tbsp of broth, garlic, and salt in a high-powered blender. Blend until smooth. This makes the cashew cream or thickening agent and will yield 2 cups. Set aside.
2. In a large pot or saucepan, heat 4 tablespoons of broth. Add the mushrooms and onions, sautéing until they become soft and fragrant.
3. Reduce the heat to medium and pour in 5 cups of broth, stirring well. Slowly add the cashew cream while continuously stirring to prevent lumps.
4. Add a dash of sage, pepper, and salt to taste.
5. Cook on medium heat for 10–15 minutes until the soup thickens. Stirring often
6. Add parchment paper to your trays
7. Pour soup onto trays
8. Add dividers if using. We like the 4 portion setting
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 34 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 divider portion or about 1 ½ cups of crumbled freeze-dried soup to a bowl with 1 ¼ cups of warm water. Stir and enjoy.

Notes:

Our goal was to make a serving equal to 1-10.5oz can of cream of mushroom soup. 1 of the 4 divider portions and 1-1 ¼ cups of water is a close equivalent to 1 can of soup with water added. You could make this similar to a “condensed soup” by adding a little water at a time to desired consistency. We estimate this would take about half the amount of water as the fully rehydrated version.

Nutritional Value Per about 1 ½ cups pre freeze dried

Calories: 136 Protein: 5 g Fat: 8 g Carbohydrates: 13 g Sugar: 4 g Fiber: 2 g