

# Creamy Tomato Soup

*This recipe makes 6 cups of soup*



## Ingredients

**2 tbsp** vegetable broth for sauteing  
**1** medium sweet onion, chopped  
**28 oz** fire roasted canned crushed tomatoes  
**2 cups** vegetable broth  
**½ cup** raw cashews  
**½ tsp** salt, or more to taste  
**1 tsp** granulated sugar, optional to cut the acidity

## Directions:

1. In a large pot, sauté the onion with a splash of broth or water over medium heat for 4 to 5 minutes until soft and translucent
2. Add the crushed tomatoes and vegetable broth to the pot and stir
3. Bring the mixture to a boil then add the cashews
4. Reduce the heat and let the soup simmer for about 20 minutes
5. Carefully transfer the soup to a blender Use a towel to protect yourself from any splatters and blend until the soup is very smooth
6. Allow the soup to cool slightly
7. Pour the soup onto parchment-lined trays
8. Add dividers in the ten portion configuration
9. It is recommended to pre-freeze liquids before freeze drying
10. Freeze dry (my cycle time was 13 hours)

## Rehydration:

Add 3/4-1 cups of hot water to 1/2 cup of tomato soup powder or 2 divider portions. Stir and cover for 3-4 minutes. Stir again.

## Notes:

This soup is delicious with grilled cheese dunks. We used 15-20 dunks per serving of soup. Enjoy!

## Nutritional Value Per 1 ½ cup serving

Calories: 171 Protein: 5 g Fat: 7 g Carbohydrates: 22 g Sugar: 11 g Fiber: 2 g