

Tomato Soup- Freeze-Dried Pantry

This recipe makes 4-1 ¼ cup servings



Ingredients

2 cups freeze-dried tomato puree
2 tsps freeze-dried onions
6 tbsps freeze-dried cashew cream
1/2 tsp freeze-dried diced garlic
or 1/8 tsp powdered freeze-dried garlic

This recipe uses pre-freeze-dried items

Directions:

1. Add tomatoes, onions, cashew cream, and garlic to a large jar
2. Stir or shake to mix.
3. Seal with an oxygen absorber for short-term storage

Rehydration: Add 2 1/2 cups of hot water or vegetable broth to 2 cups of tomato puree powder and allow to sit for about 10 minutes. stir or blend and serve. You could alternatively place all ingredients in a blender for a smoother texture. A Vitamix works great because it also has the option to heat the soup as it blends.

Notes: To make cashew cream, soak 1 cup of raw cashew overnight or boil for 10 minutes. Drain the cashews and add the cashews and 1 ½ cups of water to a high-powered blender. Blend until you get a creamy sauce. This makes about 2 cups. Cashew cream in bulk is for short-term storage. If you add a few tbsps of fresh cashew cream to a recipe it will freeze dry well.

Nutritional Value Per 1 ¼ cups

Calories: 122 Protein: 4 g Fat: 7 g Carbohydrates: 16 g Sugar: 6 g Fiber: 2 g