

Vegan Cream of Mushroom Soup

This recipe makes 2 Medium trays*

[Live Life Simple's: Cream Of Mushroom Soup](#)

Ingredients:

1 Cup Raw Cashews ½ Cup water 2 tbsp lemon juice 2 tbsp broth 1 clove garlic Dash of salt 24 oz. Chopped Mushrooms 2 onions chopped 5 Cups broth Sage Pepper Salt
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Directions:

1. In a high powered blender, add cashews, water, lemon juice, broth, garlic, salt and blend smooth. This makes the cashew cream or thickening agent and will yield 2 cups. Set aside. If you do not have a high powered blender, soak cashews for several hours first to soften them.
2. In a large pot or saucepan add 4 tbsp of your choice of broth
3. Add mushrooms and onion and saute until soft
4. Turn down to medium heat and pour in 5 cups broth and stir
5. Slowly pour in the cashew cream mixture while stirring
6. Add a dash of sage, pepper and salt to taste
7. Cook on medium for 10-15 minutes to get desired thickness
8. If you want the soup thicker, add more cream or rue
9. If you want the soup more thin, add more broth
10. Ladle onto trays to disperse evenly
11. Add to parchment paper or silicone lined tray with tray dividers in the 4 portion setting
12. 2 squares out of 4 of the tray will equal 1 can of fully rehydrated cream of mushroom soup. This may come in handy if adding to recipes in the future
13. use tray lids and freeze solid
14. Freeze Dry and store appropriately (See Tips and Tricks for storage help)

Cycle Time: 34 hours in medium freeze dryer using 29.69 KWh	Rehydration: 2 squares tray divider squares (out of 4) will equal 2.½ -3 Cups of soup. Add 1-1 ¼ Cups hot water, mix vigorously and let sit for 3-5 min. and serve
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray