

CELERY & CASHEW SOUP

SERVES: 4

INGREDIENTS

1 medium sized onion, peeled
and chopped
1 medium sized potato, peeled
and chopped

1/2 head celery, wash,
remove leaves and chop
2 tbsp butter
3 tbsp broken cashew nuts

2 1/2 cups vegetable stock
1 cup milk of your choice
salt & pepper to taste

DIRECTIONS

Melt the butter in a large saucepan.

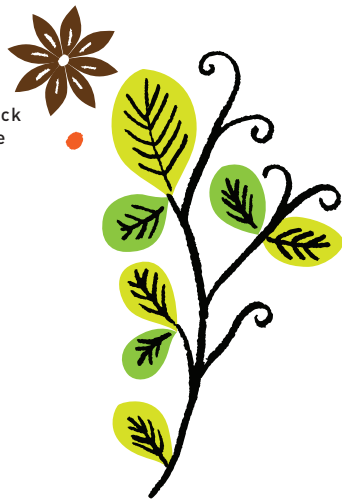
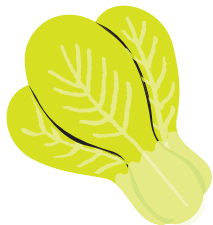
Saute the prepared vegetables gently until the onion is transparent.

Add the cashews and continue cooking for 5 minutes, stirring frequently.

Add the stock, bring to the boil, cover and simmer for 20 minutes.

Add the milk and allow to cool slightly.

Blend in a blender. Reheat to serve and add seasoning to taste.



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