

Barbie's

Chickpea, rice and kale soup

Ingredients

- ¾ cup raw cashews
- 2 tbs olive oil
- 1 medium sized yellow onion
thinly sliced
- 2 cloves garlic
- 1 tsp dried rosemary
- ½ tsp dried thyme
- 1 tsp salt
- Freshly ground pepper
- ¾ cup uncooked rice, rinsed
- 3 ribs celery, thinly sliced
- 1 cup carrot, diced chunky
- 5 cups veggie broth, low salt if possible
- 3 cups chickpeas, a 24 oz can, rinsed
- 4 cups chopped kale
- thinly sliced green onion for garnish

½ c. nutritional yeast

If you have a strong blender (Vitamix or Blendtec), you do not need to soak the cashews. If not, soak them for 2 hours or overnight. Rinse the cashews and blend or process with 1 cup water until smooth and creamy. In a high speed blender, this takes less than 30 seconds. Otherwise, it can take 1 to 5 minutes. Set aside.

In a stockpot over medium heat, sauté the onion (with a pinch of salt, optional) for about 5 minutes until translucent. Add the garlic, rosemary, thyme, salt and pepper, and sauté for another minute.

Add the rice, celery and carrots, and then the broth. Bring to a boil. Reduce heat to simmering and add the chickpeas. Let cook for about 15 minutes until the rice is cooked and the carrots are tender.

Add the cashew cream and kale, and cook until the kale wilts, 3-5 minutes. You may need to add water to thin the soup if it seems too thick. Let sit for at least ten minutes for the flavors to marry. Garnish, if desired, with the green onions.

Now-my hacks if you want it to taste as it did at the dinner the other night.

I never add salt to food, and no pepper was added to this one. I also do not use onions because of an allergy. To replace the onions, I add one teaspoon of cumin and one teaspoon of fennel seed, crushed.

I also add after the kale is wilted one third of a cup of nutritional yeast. It adds to the creaminess of the soup, and enhances the flavor.

I also let the soup sit for a quite a bit longer than the ten minutes. It gets richer and more flavorful if you can let it sit for an hour and then reheat.