

RECIPE

# Soup Pumpkin Cashew Mushroom

Ode to Fall



Ready in **1 hour**

Serves **8 people**

Prep time 30 minutes

## Ingredients

- 15 ounces of pumpkin purée
- 24 ounces of mushrooms
- 1 cup of cashews
- 1 tablespoon butter of choice
- 1 onion
- 6 garlic cloves
- teaspoon cumin
- 6 sprigs of thyme
- 1 tablespoon sea salt
- 8 Fresh or 1 teaspoon dried basil leaves
- 8 cups vegetable broth
- 1 cup water
- 2 tbs
- Oil for sauté

## Preparation

1. **This recipe is a combination of two soup recipes Pumpkin Cashew soup and Creamy Mushroom**
2. **Chop onions into thin slices.** Wash and slice mushrooms removing the stem and drain . In a soup pot sauté onions in oil until translucent. Set aside half of the onion in a bowl.
3. **Sauté mushrooms in onions until they cook down to ¼ of their size.** Then add the thyme and 4 garlic cloves. . Stir and then add 4 cups of vegetable broth. Simmer.
4. **Nutribullet makes life easier: Place pumpkin purée, cashews basil**

**remaining garlic, cumin & butter** in a large blender. Add as much of the 4 cups of broth as you can without exceeding the maximum advised! Blend stopping periodically to scrape down the sides. Pumpkin purée is very thick so be careful not to blow out your blender. You may need to perform this task in two batches.

5. **Empty pumpkin soup into mushroom soup** Be careful that you don't burn yourself. Remove the sprigs of thyme. When the mixture is sufficiently cool blend half to create a smooth texture leaving half of the mushroom slices whole. Add 1 cup water. Add 1 tablespoon of salt and mix well. Optionally add black pepper to taste.
6. **Serve in a beautiful bowl Enjoy!**

## Tips

Using a big blender saves on time. If you can use only one pot why use two?