

MINESTRONE (makes 6 portions)

cashew cream (see recipe below)

1 cup **red kidney beans** (soaked overnight, pressure cooked for 15-20 mins, save the liquid for stock)

300 g **mushrooms**

1 tsp **yeast extract**

2 tsp of **oregano**

2 tsp **cumin**

¼ - ½ tsp **cayenne powder**

1 tsp **paprika**

1 tsp **smoked paprika**

1 medium **onion** or **wild onion tops**

4 **garlic cloves** or **chives**

1 **chilli**

1 **red pepper**

1 large **sweet potato**

1 large **carrot**

1 large **beetroot**

handful **green beans**

1 **leek**

1 large **aubergine**

180 g **curly kale**

2 tins **tomatoes**

+/- 500 ml **stock** (1 tbsp **tomato puree** + 1 dsp **tamari** + 1 dsp **miso**)

¼ cup **pearl barley**

½ cup of **peas**

100 g **spaghetti** (broken into very small pieces)

Stir-fry the **mushrooms** without oil, and when soft save to a bowl with the yeast extract.

Sauté the **spices** on lowest heat until they start to release their aroma.

Add **onions, garlic, chilli** and **red pepper**, cook until they soften.

Add the **cashew cream**, then when that is hot add the veg in the order above (hardest first), mixing each in well before adding the next.

Add the **tomatoes**.

Add **stock, pearl barley** and **red kidney beans**. Cover, bring to a boil then simmer on lowest heat for 15 mins. Turn off and allow to cool, then liquidise approximately 75% (adding water if necessary).

Fry the **mushrooms** without oil until soft.

Return the soup to the wok and add the **mushrooms, peas** and **spaghetti**. Cover, bring to the boil and simmer on lowest heat for 20 mins. Stir regularly to stop spaghetti clumping.

cashew cream

$\frac{3}{4}$ cup **cashews** (soaked overnight and drained)

$\frac{1}{4}$ **cup** coconut milk powder

1.5 tbsp **oil**

1.5 tbsp **lemon juice**

1.5 dsp apple cider vinegar

1 tsp sweetner (eg agave syrup)

1 tsp **mustard**

+/- 200 ml **water**