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

¾ cup **cashews** (soaked overnight and drained)
¼ cup **coconut milk powder**
1.5 tbsp **oil**
1.5 dsp **lemon juice**
1.5 dsp **apple cider vinegar**
1 tsp **sweetner** (eg agave syrup)
1 tsp **mustard**
water

Blend to required consistency.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#minestrone