

Potato Soup

Ingredients:

* 2 m    Onions (chopped)
* 1         Garlic Clove
* 2-3 T   Olive or Vegetable Oil
* 5 c       Water
* 6 m     Potatoes (cut sm or med)
* 4         Celery Stalks (diced)
* Cayenne - to taste
* Dill - to taste
* Herbs N’ More – to taste

Add addl water

* ¾ c     Raw Cashew Pieces
* 1½ c   Water
* ¼ c     Chik N’ Seasoning

Instructions:

1.  Sauté garlic and onion in oil, then add water, celery and potatoes and bring to boil until tender.

2.   Blend cashew, water and seasoning, then add to potato mixture and cook for about 10 minutes.