

Potato Cabbage Soup

Ingredients:

3 large Yukon gold potatoes, about 2 pounds, peeled and chopped
1 medium yellow onion, chopped
½ cup chopped red bell pepper
2 tablespoons raw cashews
¼ cup nutritional yeast
2 tablespoons tahini
1 tablespoon lemon juice
2 large leeks, dark green stems removed, washed thoroughly and sliced thinly
2 stalks celery, chopped
6 cups broth made with **Wellness Forum Health's Certainly Not Chicken Broth**
1 teaspoon salt
Black pepper to taste
4 cups chopped green cabbage
1/2 cup chopped fresh dill

Instructions:

- Add the onion, red bell pepper, cashews, 1/3 of the potatoes, and water to cover to a 1 quart saucepan, and cook for 10 minutes over medium heat until the vegetables are tender.
- Add the mixture to a blender with the nutritional yeast, and lemon juice, and puree until smooth and creamy, about 2 minutes.
- Add more water if necessary to get a creamy consistency. Set aside while you prepare the rest of the dish.
- Add the leeks and celery to a large saucepan and cook, stirring occasionally, over medium heat until the leeks are tender about 8 minutes.
- Add the remaining potatoes, cabbage, broth, salt, and pepper.
- Bring the pot to a boil over high heat, reduce the heat to medium, and cook for 15 minutes, until the vegetables are just tender.
- Add the fresh dill and cook another 5 minutes