



Velvety Kale Soup with a Cashew Cream

Serves 4 to 6

Soup Ingredients:

2 tablespoons non-hydrogenated buttery spread (Earth Balance)
1 medium onion, finely chopped
4 cloves roasted garlic *Directions below
1 large bunch kale (about 3 loose cups), stemmed and chopped
1 bunch spinach (about 3 loose cups), roughly chopped
1 large organic potato, diced, about $\frac{3}{4}$ cup
1 bay leaf
 $\frac{3}{4}$ teaspoon sea salt
 $\frac{1}{2}$ teaspoon finely ground pepper
 $\frac{1}{4}$ cup Marsala wine
2 $\frac{1}{2}$ cups organic low-sodium vegetable broth
1 cup soymilk creamer
1 teaspoon neutral tasting high-heat oil (refined coconut)

Cashew Cream Ingredients:

$\frac{1}{3}$ cup raw un-salted cashews
1 teaspoon lemon juice
 $\frac{1}{4}$ cup soymilk creamer or almond milk
Dash garlic powder
Dash sea salt
Dash finely ground black pepper

Directions:

To roast garlic, pre-heat oven to 375°. Slice off top of bulb. Place cut side down, in an oiled heat-proof baking dish and sprinkle with sea salt and pepper. Roast for 35 minutes, or until cloves are soft. Set aside.

Heat a large pot over medium heat. Add buttery spread, onion, and roasted garlic. Cook for about 3 to 5 minutes, until slightly softened. Add potato, bay leaf, sea salt and pepper. Cook for an additional 2 to 3 minutes.

Add kale and spinach and sauté for about 3 more minutes to wilt.

Add wine and broth. Reduce heat to a simmer and cook, partially covered for about 18 minutes, or until potatoes are very tender. Discard bay leaf.

Using an immersion blender, puree soup. Alternately blend soup mixture in a blender, with middle of lid removed, covered in a clean kitchen towel. Only fill blender half way at a time, to prevent spillage. Season to taste with salt and pepper.

For cashew cream, add cashews, lemon juice, soymilk creamer or almond milk, garlic powder, sea salt and pepper to a blender or food processor and blend until smooth. Set aside.

When serving, drizzle each portion with cashew cream.

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