

Creamy Roasted Romaine Soup (Vegan)

Ingredients

- 2 romaine hearts
- 2 cloves of garlic
- Olive oil
- Salt and pepper, to taste
- ¼ tsp. dried thyme
- ¼ tsp. dried parsley
- Pinch dried oregano
- 1 cup raw, unsalted cashews
- 1 TBSP. rice wine vinegar or lemon juice
- 5 fresh basil leaves
- 1 ¼ cups water

Steps

1. Preheat the oven to 415°F (210°C). Oil a baking sheet and set aside. Chop the green tops off the heads of romaine and cut in half the long way. Place the hearts on the oiled baking sheet, cut side up, and sprinkle with oil, salt, pepper, thyme, parsley and oregano and add the garlic to the roasting pan. Put the green tops directly in your blender. Roast the hearts and garlic for 20 minutes.
2. While the romaine roasts, add the cashews to a pot of boiling water and let simmer for 10 minutes. Drain and add to the blender.
3. Roughly chop the roasted hearts, and place along with the garlic in your blender. Add the vinegar and basil leaves and blend. Add water slowly, about a quarter cup at a time, until the soup has reached the viscosity you want. Serve warm.

