

Tomato Bisque

2 tablespoons olive oil
1 onion, chopped
1 carrot, chopped
1 stalk celery, chopped
3 cloves garlic, smashed
¼ cup white wine (optional)
1 tablespoons whole wheat flour
1 quart low-salt or homemade vegetable stock
2 14-ounce or 1 28-ounce can fire-roasted tomatoes
1 bunch parsley
1 bay leaf
Ground black pepper
Sea salt
¼-1/2 cup cashews

1. Heat olive oil in a large stockpot over medium heat. Add the onion, carrot, celery and garlic. Sauté for about 10 minutes until vegetables are partially soft.
2. Sprinkle flour over vegetables and sauté for 2 minutes.
3. Add stock, roasted tomatoes, herbs (parsley, bay leaf, pepper) and bring to a boil. Simmer for 20 minutes on low.
4. Remove bay leaf. Working in batches, pour the soup into a blender, cover and blend on high until very smooth. Add cashews to the last batch and puree for about 2 minutes. Add cashew puree back to stock pot and blend. Taste for salt and pepper. Serve immediately.