

Curried Vegetable Soup

- 1 12 oz. bag of frozen Lima beans
- 1 12 oz. bag of frozen green peas
- 1 32 oz. bag of frozen yellow squash
- 1 Cup shredded carrots
- 1/2 Onion sliced and chopped
- 1/2 Cup raw unsalted cashew pieces
- 2 Cups of carrot juice
- 1 Cup coconut milk
- 2 Rounded tsps of Gormet Garden brand garlic paste (or fresh diced garlic, if you prefer)
- 2 Rounded tsps of Gormet Garden brand ginger paste (or fresh diced ginger, if you prefer)
- 2 Rounded tsps of Gormet Garden brand basil paste (or fresh diced basil, if you prefer)
- 2 Rounded tsps of Gormet Garden brand cilantro paste (or fresh diced cilantro, if you prefer)
- 2 Rounded tsps of curry powder
- 1 Tbsp dehydrated onion flakes
- 1 Tbsp No Salt brand salt substitute
- 1/4 Tsp black pepper

Steam all of the vegetables. The Lima beans take the longest to cook and I steam the onions on top of the Lima beans. The green peas take an intermediate amount of time and I steam the carrots on top of the peas. The squash takes the least amount of time to steam. While teaming the vegetables put the carrot juice and coconut milk in a sauce pan. Heat the liquid but don't bring to a boil. Reduce the heat and whisk in all the spices one at a time and then add cashews. Place all of the vegetables in a large enough pot to hold all the ingredients and permit turning without spilling over the edge. Pour the sauce over the vegetables and turn several times to blend all the ingredients. If it doesn't turn out soupy enough for you add some water or some vegetable stock.