

## Roasted Red Pepper and Tomato Soup

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Makes 8 servings

### INGREDIENTS

- 1 tablespoon olive oil
- 1 large sweet onion chopped
- 3 garlic cloves, pressed
- 4 tablespoons nutritional yeast
- 3 tablespoons miso paste
- 2 cups cauliflower chopped into florets
- 6 cups water
- 28 oz can whole peeled tomatoes, fire roasted optional
- 1 red pepper roasted seeds removed and peeled [jarred is fine too]
- 4 tablespoons cashews raw

### DIRECTIONS

Prep:

1. Chop onion and press garlic.
2. Chop cauliflower into florets.

Make:

1. Sauté onions and garlic gently in olive oil until soft and fragrant.
2. Add nutritional yeast and stir to coat vegetables.
3. Add miso paste, cauliflower, water, tomatoes, pepper, and cashews.
4. Bring mixture to a boil then reduce heat and simmer for 20 minutes.
5. Remove soup from heat and let stand for 30 minutes to cool a bit.
6. Puree in batches using a blender. Season with salt and pepper to taste.

Recipe Source: <http://livingplate.com/recipes-index/>