

## **Creamy “Chicken” Vegetable Soup**

- 4 Russet potatoes, cubed (4-5 c.)
- ½ c. each: chopped onion, celery and carrots
- 2 garlic cloves
- 1 Bay Leaf (opt.)
- 1 t. salt
- 3 c. water (divided)
- ½ c. raw cashews
- 2 T. whole grain spelt flour
- 1 can Loma Linda Fried Chicken, chopped (Winco)
- 1 t. each: salt, onion powder, vegetarian chicken seasoning, parsley flakes
- ½ t. garlic powder
- Pinch of thyme, summer savory
- ½ c. frozen peas

Cook potatoes, onions, celery, carrots, garlic cloves and bay leaf in 2 c. water and 1 t. salt until potatoes are tender. While vegetables are cooking, blend ½ c. raw cashews with remaining 1 c. water and 2 T. flour until smooth. Add to cooked vegetables along with remaining ingredients. Continue cooking until soup thickens.

### **Did You Know?**

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Potatoes are the No. 1 vegetable crop in the United States and the fourth most consumed crop in the world, behind rice, wheat and corn, according to the U.S. Department of Agriculture.

Potatoes have many health benefits. They are rich in phytonutrients that promote good health, vitamin C that acts as an antioxidant that prevents or delays cell damage, fiber and potassium that help lower blood pressure, B6 vitamins that create useful brain chemicals which can aid in preventing stress or depression, and fiber which is associated with clearing cholesterol from blood vessels making you heart-healthy!