

## TOMATO SOUP

1 cup water  
1 medium onion  
1 cup cashews

Blend ingredients in your blender until smooth then set aside.

2 cups water  
1 Tbsp. honey (optional)  
1 tsp basil  
1/4 tsp oregano  
1 can tomato paste  
2 tsp oil  
1/2 tsp salt  
1 can fire roasted tomatoes

Add ingredients to medium sized kettle and stir.  
Add the cashew and onion blend.  
Heat until warm.

This is one of my favorite soup recipes. It is very quick and easy.