

Creamy Tortellini Soup

Base

1. 5 c. fresh tomatoes, chopped
2. 1 ½ c. fresh onion, chopped
3. 2 garlic cloves
4. ½ c. fresh carrots, roughly chopped
5. 4 c. water
6. 1 t. salt
7. 1 Bay leaf
8. ½ c. raw cashews
9. ¼ c. flour (I used white spelt flour, any flour would work)
10. 2 c. fresh spinach, chopped
11. ½ c. fresh onion, chopped
12. 1 t. each: onion powder, Italian seasoning and salt to taste

Tortellini filling

- 1 c. fresh spinach
- 1 garlic clove, finely grated
- 1 t. fresh onion, finely grated
- 4 oz. vegan cream cheese (1/2 container)
- Pinch of salt
- ¼ t. Italian seasoning
- 1 package Gyoza Wrappers (potstickers)

Place ingredients #1-7 in large kettle and bring to a boil, reduce heat and cook for 30 minutes. Add raw cashews and let soak some in kettle before adding to blender. Blend with ¼ c. flour and pour back in kettle. Sauté fresh spinach and fresh onion and add to kettle. Season with onion powder and Italian seasoning and salt to taste. (I added about 1 ½ t.)

For tortellini, sauté fresh spinach, garlic and onion and stir into cream cheese with seasonings. Moisten edges on half of potsticker, place a small amount of filling in center and fold over. Spread filling out to flatten. Roll up bottom partway and moisten ends. Place index finger in middle and fold ends over finger, joining ends together. When all tortellinis are made, place in heated frying pan with a little olive oil and brown for a few minutes. Then add 1/3 c. water, cover and cook for about 5 minutes or until they have a shiny appearance. When done, carefully stir into kettle and enjoy with broken tortilla chips on top or your favorite toppings!

Delicious Carrot Cake

- 1/3 c. brown sugar
- 1/3 c. organic cane sugar
- ½ c. extra virgin olive oil (could substitute applesauce for ¼ c.)
- 2 vegan eggs (2 T. flaxmeal + 6 T. water mixed)
- ½ t. salt
- 1 t. cinnamon
- 1 ½ c. white spelt flour (if using all-purpose, 1 c.)
- 1 c. finely grated carrots
- 2 t. Featherweight baking powder (sodium-free baking powder)
- 1 snack cup mandarin oranges, drained (1/2 c.)
- ¼ c. chopped pecans, more if desired
- ½ c. carob chips

Cream 1st 6 ingredients, stir in remaining ingredients. Bake at 350° for 30-35 minutes in round cake pan or 7 x 11 baking dish. Delicious served with coconut whipped cream. (It's vegan, you can buy it pre-made at most any store or make your own by whipping the creamy portion of 1 can full-fat coconut milk with 2-4 T. sweetener to taste, maple syrup or powdered sugar, plus 1 t. vanilla)