**Creamy Vegan Tomato Soup (GF)**

This Creamy Vegan Tomato Soup is rich and indulgent, full of flavour and warming and comforting!

**Ingredients**

* 1 tablespoon oil (olive, rapeseed or vegetable)
* 1 onion, diced
* 2 cloves garlic, minced
* 1 celery stick, diced
* 1 carrot, peeled and diced
* 1 teaspoon sweet paprika
* 400 g (14oz) tin of tomatoes
* 100 g [(2/3 cup) raw cashew nuts](https://www.amazon.com/gp/product/B001ESOQAM/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B001ESOQAM&linkCode=as2&tag=rhiansrecip00-20&linkId=cfaeb3441632de08c6f9c74035662e5f)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8) (ensure gluten-free if necessary)
* 1 teaspoon dried oregano
* Salt + pepper, to taste
* 2 tablespoons [nutritional yeast](https://www.amazon.com/gp/product/B000WLCHDA/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000WLCHDA&linkCode=as2&tag=rhiansrecip00-20&linkId=27abf529de9eb3d398398589df77709c) (optional)
* Pinch cayenne chilli pepper, to taste (optional)

**Instructions**

* Heat up the oil in a saucepan and add onion, garlic, celery and carrot once hot
* Fry for around 15 minutes until soft
* Add the paprika, tinned tomatoes, cashew nuts, stock cube, oregano, salt + pepper and 600ml (2 1/2 cups) water (and nutritional yeast and chilli if using)
* Bring to the boil then turn down heat and simmer for around 20 minutes
* Turn off heat and use a hand-held stick blender, food processor or blender to whizz until completely smooth - add more water if it's too thick, taste and adjust seasonings if necessary
* Keeps well covered in the fridge for up to a few days and freezes well too