



Vegan Italian Penicillin



From: Mike Dunkee

Serves: 10+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Place the Soup Base Spice/Herb Ingredients (except the bay leaf) in a small bowl, mix well, and set aside.
- 2) Place the Added Spice/Herb Ingredients in a small bowl, mix well, and set aside.
- 3) Add all the Base Ingredients and Soup Base Spice/Herb Mix into a large stock pot, stir well to combine, then add in the bay leaves, bring to a boil, then immediately lower to a simmer. Cover the pot ajar with the lid and simmer for 45 minutes. After 45 minutes, the veggies should be very soft, and the liquids have reduced.
- 4) Strain out all the soft veggies with a slotted spoon into a high-speed blender, being careful not to include the bay leaves. Once all the veggies are in the blender, add about 1 ½ cups of broth. Blend on high until the mixture is very smooth, approximately 2 minutes, then return the blended mixture to the soup pot (with the remaining broth) and stir well to incorporate.
- 5) Next, add the Added Spice/Herb Mix to the soup, along with lemon juice, miso, brown sugar, and Vegan Parmesan Cheese. Simmer for 10 minutes.
- 6) In the meantime, boil the pasta of choice according to package directions, strain, and rinse well with cold water. Set aside.
- 7) To serve, add a generous portion of the cooked pasta to the bottom of a soup bowl, ladle the hot broth over top, sprinkle generously with Vegan Parmesan Cheese, and some freshly chopped parsley.

Notes

Vegan Parmesan Cheese

- Ingredients
- ¼ cup raw cashews
- ¼ cup blanched slivered almonds
- 2 Tablespoons nutritional yeast
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder

Instructions:

Add all the ingredients into a high-speed blender and pulse off and on for 30 seconds to one minute.

Important Note: Do not over-process the ingredients, or you will turn the mixture into Vegan Parmesan Butter.

Ingredients

Base Ingredients:

- 8 cups water
- 2 cups low-sodium vegetable broth
- 1 large yellow onion, quartered
- 3 carrots, peeled, cut into chunks
- 2 celery ribs, cut into chunks
- 4 garlic cloves, peeled, slightly smashed

Soup Base Spice/Herb Ingredients:

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 bay leaves
- ½ to 1 ½ teaspoons sea salt

Added Spice/Herb Ingredients:

- ¼ teaspoon Italian Seasoning
- ¼ teaspoon dried crushed thyme leaves
- 2 teaspoons dried parsley
- 1/8 teaspoon poultry seasoning
- 1/8 teaspoon sweet paprika
- Pinch dried rosemary
- 1/8 teaspoon black pepper

Other Ingredients:

- ¼ cup Vegan Parmesan Cheese
- 2 Tablespoons miso
- 1 Tablespoon lemon juice
- 1 Tablespoon brown sugar
- Cooked small pasta of choice (pastina, acini de pepe, orzo, couscous, etc.)
- Optional Toppings:
- Generous sprinkle Vegan Parmesan Cheese
- Freshly chopped parsley

