Creamy Cashew Chicken Chowder

Ingredients
1 medium-large white or yellow onion, chopped  
6-8 cloves garlic, chopped  
1-1.5 teaspoons salt, divided (depending on whether broth is low-sodium and/or cashews are salted)  
1 box (4 cups) of Chicken/Turkey/Vegetable Broth  
2 chicken breasts, cubed  
¾ to 1 cup almond milk  
1 cup cashews (whole or chopped; salted or unsalted)  
1 medium-2 small potatoes, cubed  
1 bell pepper (any color), chopped  
½ bunch broccoli, chopped  
2 cups diced carrots or organic sweet corn (frozen or fresh)  
Fresh ground black pepper, to taste.

Directions
1. On medium heat, sauté onion, garlic in a couple tablespoons of broth, and ½ teaspoon salt.  
2. Add chicken breast and ½ teaspoon salt, and sauté until cooked on all exterior sides (may still be uncooked in the middle)  
3. In a blender or (ideally) a Magic Bullet (or other single-serving blender), puree the almond milk and cashews until creamy  
4. Add remainder of broth and almond/cashew blend, and bring the soup to a boil. Once boiling, turn down to simmer, add potatoes, and simmer for 20-25 minutes.  
5. Add the bell pepper, broccoli and sweet corn and simmer for another 5-10 minutes, until broccoli is bright green and crisp-tender.  
6. Optional: Add black pepper, if desired (1/4 – ½ teaspoon). May garnish with chopped parsley, if desired.

Recipe by Leigh Wagner, MS, RD