



## Ingredients

- |                                 |                             |
|---------------------------------|-----------------------------|
| <b>1 cup</b> Onion (diced)      | <b>1 tsp.</b> Thyme (dried) |
| <b>2 cloves</b> Garlic (minced) | <b>5 cups</b> Veggie Broth  |
| <b>1 cup</b> Carrots (diced)    | <b>½ cup</b> Cashews        |
| <b>1 cup</b> Celery (diced)     | <b>½ cup</b> Water          |
| <b>1 can</b> Garbanzo Beans     | <b>to taste</b> Salt        |
| <b>1 cup</b> Wild Rice          | <b>to taste</b> Pepper      |
| <b>1</b> Bay Leaf               |                             |

## Directions

- 1 Using the Saute function, saute the onions in a splash of water until they are softened and slightly translucent.
- 2 Add the garlic and saute for about 30 seconds more.
- 3 Add the carrots and celery and a few more splashes of water, as necessary, if the pot is dry. Saute for a few minutes until the vegetables are softened.
- 4 Add the chickpeas, wild rice, bay leaf, thyme, and vegetable broth or water and stir to combine.
- 5 Close the lid and set the timer for 25 minutes on Manual.
- 6 Allow the pressure to release naturally.
- 7 Meanwhile, in a high-speed blender such as a Vitamix, blend the cashews and ½ cup water until very smooth.
- 8 Remove the lid once the pressure has released. Add the cashew mixture and stir well. Add salt and pepper, to taste, and enjoy!

**x2**