

# **HEAVY CREAM SUBSTITUTES FOR SOUPS AND SAUCES**

## **WHITE BEANS**

A rich heavy cream flavor and consistency can be achieved using a regional vegan substitute: beans. It's a great choice to use when thickening any meal and is also lower in fat than some of the other substitutes we've talked about. The protein and starch in beans help to thicken the liquid to the point that it has the consistency of heavy cream.

White beans are ideal for vegan cream because of their mild flavor and silky texture. In any case, you can buy canned white beans that have been reduced in salt. Or you prepare your own from scratch. That may take a little bit longer but will produce less waste.

To reproduce one cup of heavy cream, you'll need the following ingredients:

- 1 cup of white beans, cooked
- Water

All you have to do next is:

1. Blend the cooked, drained beans with a small amount of water in your blender.
2. Keep adding water until the mixture is thick but smooth.

We recommend this substitute not just because it's delectable in savory stews and soups, but because of its protein value: One cup contains 19 grams.

## **CASHEW CREAM**

If you're looking for a soy-free and vegan substitute for heavy cream, then look no further! Cashew cream may be used in both sweet and savory dishes in place of heavy cream.

To create cashew cream at home, simply gather these simple ingredients:

- 1 cup soaked raw cashews
- 3/4 cup filtered water
- some salt

The cashews should be soaked for roughly two hours before using. After draining the cashews, all you got to do is follow these steps:

1. Combine your drained cashews with 1/4 cup of water in a blender and puree until smooth.
2. If the mixture is too stiff, add a little more water until it's reaching the desired consistency you're seeking.

3. Mixing in a pinch or two of salt heightens the similarity to dairy cream.
4. Store in the fridge to thicken.

Chilling cashew cream before whisking it softly with a handheld mixer or blender is the best way to whip it. We recommend using cashew cream as a tasty replacement in lieu of heavy cream in creamy soups and tomato sauces.

If you feel like experimenting, feel free to embellish the flavor a little with some natural spices.

## CREAM FROM OLIVE OIL & SOY MILK

Like butter and milk, olive oil adds fat to soy milk, giving it a flavor and texture similar to heavy cream. Thankfully this vegan substitute for heavy cream doesn't require a lot of prep to begin.

1. Add 2/3 cup soy milk to 1/3 cup olive oil to achieve the same flavor and thickness as using 1 cup of heavy cream.
2. After you've mixed your ingredients into a bowl, whisk or blend thoroughly until the mixture is completely smooth.

This heavy cream substitute can be used in soups and sauces. In cooking and baking, it works best when used to add tenderness and flavor, but it should never be used in recipes that call for whipping.

## COCONUT CREAM FOR SOUPS AND SIDES

Since it has a similar consistency to heavy cream, coconut milk is the most popular vegan heavy cream alternative. It's also very rich, creamy, and fatty. If you choose to use canned coconut milk, make sure it's unrefined and organic.

Keep in mind that coconut milk beverage is intended for drinking and cereal. It's much too thin to use in a recipe that calls for coconut milk or cream. A simple replacement ratio of one can of coconut milk to one cup of heavy cream will suffice.

Although it might seem a little obvious, if you use coconut milk for the heavy cream, be aware that the dish will taste like coconut. It is necessary to first shake the cans properly in order for the coconut water and fat to mix together.

To make a great coconut vegan substitute for cream, proceed as follows:

1. Chill a can of full-fat coconut milk overnight in your refrigerator before opening.
2. Drain the liquid, leaving just the solid coconut cream.
3. Beat it with a hand mixer or blender, in a cold bowl.

