

Recipe

CREAM OF ASPARAGUS SOUP



▶ Vegan, gluten-free, refined sugar-free, nut-free, soy-free

▶ **Yield:** 3-4 servings

Prep Time: 8-10 min

Cook Time: 12-15 min

Total Time: 25 min

DIRECTIONS

1. Wash the asparagus and peel the outer layer with a peeler. Trim off the ends to remove any dried, woody bits.
2. Place the asparagus in a large soup pot on medium-high heat, with 2 cups of water, and steam them for 8-10 minutes.
3. Once steamed, transfer the asparagus to a plate and reserve the steaming liquid.
4. While the asparagus is steaming, wash and chop your onions, garlic and potatoes.
5. Return the pot to the burner, add the oil and onions, sautéing for 2-3 minutes until the onions are soft and golden. Add splashes of the reserved water to deglaze the pot as needed.
6. Add the garlic and sauté for another minute, until fragrant. Then add the potatoes, bouillon cubes, paprika powder and remaining reserved water. Add enough extra water to make 4 cups. Bring to a boil then turn the heat down to simmer for 10-15 minutes.
7. While you are waiting for the potatoes to boil, cut the tips from the asparagus, to reserve as garnish. Cut the stalks into 2-3 pieces and add to the pot after it has boiled, and you have turned it down to a simmer.
8. Once the potatoes are soft enough to poke through with a fork, remove the soup from the heat and use a hand blender to puree the soup.
9. Serve with crushed roasted hazelnuts, fresh chives, a drizzle of olive oil and a sprinkle of fried onions. Enjoy!

INGREDIENTS: SOUP

5 cups (1.5 lbs) fresh white asparagus
 4 cups (1L) of water
 2 medium-sized potatoes
 3 cloves garlic
 1 onion
 2 bouillon cubes
 2 tsp (10 ml) olive oil
 1 tsp paprika powder (optional)
 salt and pepper to taste

OPTIONAL GARNISHES

roasted hazelnuts
 fried onions
 fresh chives

NOTES

1. **Variations:** add spices as desired, such as basil or cumin while blending to vary flavours Get creative with this one!
2. **Storage:** store in an air-tight container in the fridge for up to four days. Store in an air-tight container in the freezer for up to 2 months.

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