

Creamy Asparagus Soup

Prep Time

15 minutes

Cooking Time

50 minutes

Yields

4-5 servings

Ingredients

2 bunches asparagus

1 large yellow onion

5 stalks celery

3 cups vegetable stock (organic, homemade, and/or boxed)

¼ cup minced thyme

3 tbsps olive oil

Sea salt, to taste

Black pepper, to taste

Directions

1. Peel and dice onion.
2. Wash celery and asparagus and pat dry and then chop into ¼-inch pieces.
3. Bring olive oil to medium heat in large pot and add onion.
4. Cook for five minutes until caramelized.
5. Add celery and asparagus and cook for seven more minutes.
6. Sprinkle with salt and pepper.
7. Add thyme and combine well.
8. Add vegetable stock and bring to boil.
9. Reduce heat and simmer for 30 minutes.
10. Transfer to blender or food processor and blend on high until creamy.
11. Garnish with thyme.

Credit

Used with permission from The Integrative Nutrition Cookbook, 2016