

Creamy Asparagus Soup

Prep time:

5 minutes

Cooking time:

45 minutes

Yields:

4 servings

Ingredients:

- 2 pounds green asparagus
- 1 large onion, chopped
- 1-2 cloves garlic, minced
- 2 cups vegetable broth
- 2 cups water
- ½ cup raw cashews, soaked in warm water for 1 hour (or ½ cup soy/almond milk)
- ¼ teaspoon fresh lemon juice, or to taste

Directions:

Cut asparagus into ½-inch pieces, separating the tips and discarding the ends.

1. In a large pot over medium-low heat, saute the onion in a little oil (spray) or water for a few minutes, until softened.
2. Add asparagus pieces (except tips), garlic, salt and pepper to taste, then cook, stirring, 5 minutes. Add broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.
3. Add cashews and purée soup using an immersion blender (or in batches in a blender) until smooth.
4. Add tips and continue to cook for 3-4 minutes.
5. Season with lemon juice, and salt and pepper.

