

# **Creamy Asparagus and Caramelized Onion Soup**

**Prep time:**

10 minutes

**Cooking time:**

45 minutes

**Yields:**

6 servings

**Ingredients:**

- 2 large onions, sliced
- 1 tablespoon fresh thyme, minced
- 2 pounds green asparagus, Cut into ½-inch pieces, tips separated and ends discarded
- 1-2 cloves garlic, minced
- 3 cups vegetable broth
- 2 cups water
- ½ cup raw cashews, soaked in warm water for 1 hour
- Salt and pepper to taste

**Directions:**

To caramelize the onions:

In a large skillet sprayed with oil over medium high heat, add onions, thyme, salt and pepper. Cook stirring frequently, occasionally deglazing the pan with water or vegetable stock until onions are brown.

While onions are cooking:

1. In a separate pot, add asparagus pieces (except tips), broth, garlic, salt and pepper to taste. Bring to a boil then reduce to a simmer until asparagus is very tender, 15 to 20 minutes.
2. Add cashews and purée soup using an immersion blender (or in batches in a blender) until smooth.
3. Add tips and caramelized onions and continue to cook for 3-4 minutes.
4. Taste and adjust seasoning as needed with salt and pepper.