

## VEGAN CREAM OF ASPARAGUS SOUP<sup>o</sup>



**SERVES:** 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 31 min.

**CONTAINER EQUIVALENTS** (per serving): 1½ 1



*A bright pop of lemon and a refreshing hint of dill are all you need to underscore the light, springtime flavor of fresh asparagus. Cashews add creaminess while still keeping things vegan for a soup that's as easy as it is tasty!*

<b>1½ cups</b>	<b>chopped onion (approx. 2 medium)</b>
<b>40 spears</b>	<b>asparagus, stems trimmed, cut into 1-inch pieces</b>
<b>3½ cups</b>	<b>low-sodium organic vegetable broth</b>
<b>½ cup</b>	<b>whole raw cashews, coarsely chopped (approx. 2 oz.)</b>
<b>2 Tbsp.</b>	<b>fresh lemon juice</b>
<b>2 tsp.</b>	<b>finely grated lemon peel (lemon zest)</b>
<b>1 Tbsp.</b>	<b>finely chopped fresh dill weed</b>
<b>½ tsp.</b>	<b>sea salt (or Himalayan salt)</b>
<b>¼ tsp.</b>	<b>ground white (or black) pepper</b>

1. Heat large stockpot, lightly coated with spray, over medium heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
3. Add asparagus; cook, stirring frequently, for 5 minutes. Remove 8 asparagus tips for garnish if desired.
4. Add broth and cashews. Bring to a boil. Reduce heat to medium-low; gently boil for 20 minutes, or until asparagus is very tender.
5. Add lemon juice, lemon peel, dill, salt, and pepper. Using an immersion blender, blend until smooth. (Remember to fully submerge immersion blender before starting to blend.)
6. Divide evenly between four serving bowls (approx. 1 cup each). Garnish each with two asparagus tips and enjoy!

### SPECIAL EQUIPMENT:

**Olive oil cooking spray**

### RECIPE NOTES:

- To trim asparagus ends, hold one stalk of asparagus by each end and flex until it snaps. Cut remaining stalks to length of broken stalk.
- If your asparagus stalks have very thick stems, use a vegetable peeler to peel the bottom third until bottoms are equal width with the rest of the stalk.
- If you do not have an immersion blender, place soup in blender, in two or more batches, if necessary; cover with lid. Remove lid's center insert and cover securely with a kitchen towel. Start blender on slow and increase speed as you blend. Blend until smooth. Before blending hot liquids, check your blender manufacturer's guidelines and safety instructions as some blenders may not be intended for such use.
- Store leftover soup in an airtight container for up to 5 days. You can also divide soup into individual portions and freeze for up to 3 months.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 161 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 415 mg **Carbohydrates:** 20 g **Fiber:** 6 g **Sugars:** 8 g **Protein:** 7 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.