

## Creamy Asparagus Soup

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Recipe type: Phase 1 • Soup

Prep time: 10 mins    Cook time: 40 mins    Total time: 50 mins

Serves: 4 cups

### Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 large carrot, peeled and chopped
- 1 stalk celery, chopped
- 8 oz. asparagus, chopped
- 2 teaspoons freshly chopped dill
- ½ teaspoon freshly chopped tarragon
- 1 tablespoon freshly chopped parsley
- 1 teaspoon salt
- 3 cups vegetable broth
- 1 cup coconut milk

### Instructions

1. Heat the oil in a 2-quart sauce pot over medium-high heat for 1 minute or until hot.
2. Saute the onions for 3 minutes or until limp.
3. Add the garlic, carrots, asparagus and saute for 5 minutes.
4. Add the remaining ingredients and stir well to combine.
5. Bring the soup to a boil over medium-high heat. Lower the heat to medium and simmer for 30 minutes.
6. Pour the soup into a blender container. Cover the container. Remove the center cup from the cover.
7. Place a clean, folded kitchen towel over the blender cover and press down with your hand.
8. Puree the soup until smooth.
9. Serve immediately and refrigerate leftovers.

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