



ASPARAGUS SOUP

Ingredients

- 3 tablespoons olive oil
- 1 large bunch asparagus, ends trimmed, cut into 2-inch pieces (if desired, cut off top)
- 2 stalks celery, chopped
- 1 large onion, chopped
- 8 cups vegetable stock or chicken stock
- 1 bay leaf
- 1 cup almond milk, or non-dairy creamer
- 1 1/2 teaspoons Kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups fresh baby spinach

Directions

In a large stockpot, heat the oil over medium heat. Add the asparagus, celery and onion and cook, stirring occasionally, until tender, about 10 minutes. Add the vegetable stock and bay leaf and bring to a boil, then reduce the heat and simmer for 30 minutes. Add the almond milk/ non-dairy creamer and simmer for another 10 minutes. Remove and throw away the bay leaf. Season with salt and pepper.

Add the spinach to the soup and let wilt for about 1 minute. With an immersion blender, puree the soup. Serve hot.

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