

Asparagus Soup

Ingredients

1 yellow onion, chopped
4-6 cloves garlic, minced
3-4 tablespoons water
1 bunch asparagus, washed, trimmed, and cut into 2 inch pieces,
yields approximately 4 cups
2 cups oil free vegetable broth
salt, to taste



Method

1. In a medium non-stick pan, add 3-4 tablespoons of water and the chopped onion. When the onion begins to soften, add the garlic. Continue to sauté until fragrant and soft. Add another tablespoon of water pan becomes dry. Do not let onions brown.
 2. Add the asparagus and broth to the pan, stir and cover for approximately 5-10 minutes, until asparagus are cooked through. Stir occasionally.
 3. Remove pan from heat and place contents into a high powered blender or Vitamix reserving one or two pieces of asparagus to garnish if desired. Blend on high until soup is smooth and creamy. Salt to taste.
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Source: [The Ginger Veganista](#) (Yield: 4 cups)
