

CREAMY ASPARAGUS SOUP

Ingredients

Serves 2

1 large onion, chopped
2 tablespoons extra virgin olive oil
1 pound asparagus, cut into ½ inch pieces
1 cup cauliflower, chopped
3 cups vegetable broth or water
Sea salt
Juice from 1 lemon



Directions

Sauté onion with olive oil until fragrant, about 4 minutes. Add asparagus pieces and season with salt and pepper, then cook, stirring, 5 minutes.

Add cauliflower and broth and simmer, covered, until vegetables are tender, 15 to 20 minutes. Remove from heat. Place soup into a high speed blender and blend until smooth.