

Asparagus Soup

Serves: 6

INGREDIENTS

1 cup diced onion
2 lbs. asparagus
3 tbsp. vegan butter
1/4 tsp. sea salt
6 cups vegetable broth
1/2 cup cashew cream

CASHEW CREAM:

1 cup raw unsalted cashews
1/2 cup water

***BLENDER NEEDED**

STEPS

FOR CASHEW CREAM:

- Boil the cashews in a medium pot for 8 minutes. Drain, rinse and place in the pitcher of a blender. Add 1/2 cup water and puree until very smooth.

- Store in an airtight container.

FOR SOUP:

- Cut the asparagus into 1 inch pieces.

- In a large stock pot, melt the butter and sauté the onions until soft. Add in the asparagus and salt and continue to sauté 5 minutes.

- Add in the stock and bring to a simmer. Cover and let cook about 15 minutes or until the asparagus is fork tender.

- Carefully puree the soup with the cashew cream until smooth.

- Serve warm and garnish with asparagus tips or chopped chives or fresh dill.