



Creamy Asparagus Soup



Ingredients:

- 1 Tablespoon Extra Virgin Olive Oil
- 3 Cloves Garlic minced
- 1 Head Cauliflower cut into small florets
- 2.5 Pounds Asparagus trimmed
- 1/4 Teaspoon Cayenne Pepper
- 1 Pinch Sea Salt
- 1 Pinch Freshly Ground Black Pepper
- 6 Cups Low-Sodium Vegetable or Chicken Broth

Instructions:

- Heat the oil in a medium pot over medium-high heat. After a minute, add the garlic and cook for 1 minute.
- Put the cauliflower and asparagus in the pot, add the cayenne pepper, and season to taste with salt and black pepper. Cook for 4–5 minutes, stirring frequently.

Additional Information:

Serving size: 1 Cup/Makes 6

Servings

Instructions:

- **Pour in the broth and bring the soup to a boil, then reduce the heat to low and simmer until the cauliflower is fully cooked, 5–8 minutes.**
- **Carefully transfer the soup to a blender and blend on high speed until smooth, about 2 minutes. (Or use a handheld immersion blender to purée the soup directly in the pot.) The soup should be thick but still light. If it is too thick, thin it with a little more broth.**
- **Any leftover soup can be stored in the refrigerator for up to 5 days or in the freezer for up to 6 month**

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