



pea and asparagus soup

★★★★★ 5 from 1 reviews

Author: Alex Caspero Prep Time: 10 minutes

Cook Time: 20 minutes Total Time: 30 minutes

Yield: 4 servings 1x Category: soup, appetizer, side dish Cuisine: American

DESCRIPTION

Pea and Asparagus Soup! This dairy-free, vegetable soup is perfect for Spring or Easter. Gluten-Free and Vegan.

INGREDIENTS

SCALE 1x 2x 3x

- 2 tablespoons canola or olive oil
- 3 garlic cloves, minced
- ¼ cup leek, thinly sliced
- ½ fennel bulb, sliced
- 4 cups vegetable broth
- 3 cups water
- 1 bunch asparagus
- 1 lb. green peas, thawed if using frozen
- ½ bunch fresh parsley, plus more for garnish
- good quality extra-virgin olive oil, for drizzling

INSTRUCTIONS

- 1 In a medium sized pot, heat oil. Once shimmering and hot, add minced garlic, leeks, and fennel. Cook until fragrant and translucent on medium-low heat.
- 2 Add vegetable broth and water, bring to a boil.
- 3 Once boiling, add asparagus and cook until soft and tender. Add peas and cook for an additional 5 minutes.
- 4 Turn off heat and add parsley.
- 5 Transfer to [blender](#). Puree on high speed until smooth.
- 6 Return to pot and keep on low heat until ready to serve.