



Ingredients

- ✓ 1 bunch asparagus (about 1lb)
- ✓ 2 Tbsp. coconut oil
- ✓ 1 cup onion, coarsely chopped
- ✓ 1 clove garlic, coarsely chopped
- ✓ 7oz – 8oz potato, peeled & diced 3/8"
- ✓ ½ tsp. salt
- ✓ Freshly ground black pepper (to taste)
- ✓ 4 cups vegetable stock
- ✓ ¾ cup almond milk (or non-dairy milk)
- ✓ 1 – 2 Tbsp. nutritional yeast

Preparation

Snap off stem ends of asparagus where they naturally break. Remove tips and set aside. Cut slices into about 1" lengths. Reserve. Heat coconut oil in a large saucepan or soup pot over medium-low heat. Add onion and garlic and cook and stir until soft and golden, about 10-15 minutes. Meanwhile boil or steam asparagus tips until just tender and reserve. Add asparagus stalks and potato to pot. Add salt, pepper and stock and simmer until potato is tender, about 15-20 minutes, stirring occasionally. Puree with immersion blender, blender or food processor until smooth. Add almond milk and heat through. Stir in nutritional yeast, adjust for seasoning and serve, garnished with asparagus tips.