

# Lunch Recipe: Asparagus Soup

## Ingredients

2 tbsp olive oil

1 onion (chopped)

1 stalk of celery (chopped)

2 cloves of garlic (chopped)

1 large russet potato (chopped)

3 cups of asparagus (chopped into 1-inch pieces, bottom ends removed)

5 cups of vegetable stock

½ tsp fresh ground black pepper (to taste)

1 tsp of Life is a Recipe® Garam Masala

Salt (to taste)

Chili powder (to taste)

1 tsp lemon juice (fresh)

1 cup asparagus tips (to garnish)

Coconut milk (for garnish, drizzle)

Almond slivers (for garnish)

## Instructions

1. Take a large pot and heat olive oil over medium heat.
2. Saute onions, celery, and garlic.
3. When the mixture has become translucent, add in asparagus and potatoes and saute.
4. Next, add in vegetable stock and bring mixture to a simmer. On low heat, let mixture simmer for 15-20 minutes until the vegetables soften.
5. Blend the mixture with a hand blender, or in batches in a large blender, and puree.
6. Add Life is a Recipe® Garam Masala, salt, pepper, chili powder and lemon juice. Mix well.
7. Let simmer for 2-3 minutes. Serve hot.
8. Garnish with a drizzle of coconut milk, asparagus tips, and almond slivers.