

# Asparagus Soup

One of the first foods that signal the start of spring is the appearance of fresh asparagus at local farmers' markets and grocery stores. In addition to the fiber and minerals in asparagus it contains chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. It is a good source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals.

Asparagus is listed as the vegetable with the least amount of pesticide on EWG list [Dirty Dozen / Clean 15 Fruits and Vegetables](#)  
It is fine to buy non-organic.

4 servings

2 Tb coconut oil  
3 cloves garlic, chopped  
2 cups chopped onion (1 large yellow)  
2 celery stalks, chopped  
¼ tsp Celtic sea salt  
4 cups cauliflower, chopped (1/2 large head)  
2 lb asparagus, trimmed (5 cups)  
¼ tsp cayenne (optional)  
4 cups vegetable, chicken broth or water  
Fresh pepper to taste  
¼ cup parsley, finely chopped

- Trim the tough ends off of the asparagus. Cut tips 1 ½" long and set aside. You should have about 1 cup. Cut the remainder of the asparagus into 1" pieces. It will be about 4 cups
- In a medium soup pot heat the oil over medium-low heat.
- Add the onion, salt and celery and cook for 3 minutes until softened
- Add the garlic and cook for 1 minute more
- Add cauliflower, asparagus, except for the 1 cups of tips you saved, cayenne and broth
- Bring soup to a boil

- Reduce heat to low and simmer, covered until the cauliflower is cooked about 12 minutes.
- In the meantime boil some water in a small saucepan. Add the asparagus tips and blanch for 3 minutes or until crisp tender.
- Drain and set aside.
- Once the soup is done, let it cool for a few minutes so it is easier to work with and you don't burn yourself. Transfer the soup to a blender and blend on high until smooth. You may have to do it in 2 batches depending on the size of your blender.
- Pour back into the pot.
- Add in the cooked asparagus tips and chopped parsley. Season with additional salt to taste and fresh pepper. Heat through.
- Serve.