



## Cream of Asparagus-Broccoli-Spinach Soup

*Recipe created by Carlene McIntyre*

This soup has the tasty green goodness of the vegetable garden along with the creamy comfort of a hot bowl of soup. Like all of my recipes, it uses no animal products and is free of added sugar, oil, and salt.

### Ingredients

- 1 lb of fresh asparagus, trimmed and cut into 2 inch pieces
- 1 lb of fresh broccoli, cut into florets
- 2 cups fresh spinach
- 2 yellow potatoes, peeled and diced
- 1 ½ cups onion, diced
- 4 cloves garlic, minced
- ½ cup cashews
- 6 cups salt-free vegetable broth
- 2 cups unsweetened plant milk
- ¼ cup lime juice
- Salt-free seasoning to taste
- Fresh-ground black pepper to taste

### Preparation

1. Add onions and garlic to a large soup pot and saute on medium heat for 4-5 minutes. Add a small amount of water to keep from sticking if needed.
2. Add vegetable broth, plant milk, potatoes, and broccoli to the pot and bring to a boil.
3. Reduce heat, cover, and simmer for 15 to 20 minutes, until the potatoes are tender when stuck with a fork.
4. Add asparagus to the pot and simmer uncovered for 5 minutes.
5. Add spinach and stir until wilted.
6. Remove the pot from the heat and let it sit until the soup is cool enough to add to a high speed blender.
7. Transfer half of the soup and ¼ cup of cashews to the blender and blend until smooth and creamy. Pour into an empty pot and transfer the remaining soup and cashews to the blender. Process until smooth and add to the pot with the first blended batch of soup.
8. Stir in the lime juice, seasoning, and black pepper and let the soup reheat.
9. Pour into serving bowls and garnish with lime slices or fresh vegetables of your choice.



Healthy Eating For A Happier Life

## Notes

- I use soy milk, Well Your World Veggie Broth Mix, and for the salt-free seasoning, I use Benson's Table Tasty. Lemon juice could be used in place of lime juice.