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Cream of Asparagus, Leek & Parsley Soup

This is such a wonderful combination of ingredients. Although we are still at the very hot tail end of summer – and summers here are very long – I needed to imagine that autumn was on its way, as a few clouds have shown their faces, and we’ve already had some much-needed rain. Anyway, this soup took only minutes to prepare, and it’s a winner. I shall make this again, and again, and again, and I suspect that once you taste it, so will also. Enjoy served with hot crusty bread.

INGREDIENTS

2 Tbsp (60 mL) extra virgin olive oil

300g asparagus tips (I use frozen)

1 large leek, roughly chopped

3 Tbsp flat leaf parsley

Himalayan salt (available in the US from [here](#), and UK from [here](#))

1 tsp veg stock granules or veg stock cube (available in the US from [here](#), and UK from [here](#))

1 cup vegan milk of your choice (I used my rich Happy Milk from my book, very easy to make – or I recommend [Alpro](#) in the UK)

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tsp turmeric (available in the US from [here](#), and UK from [here](#))

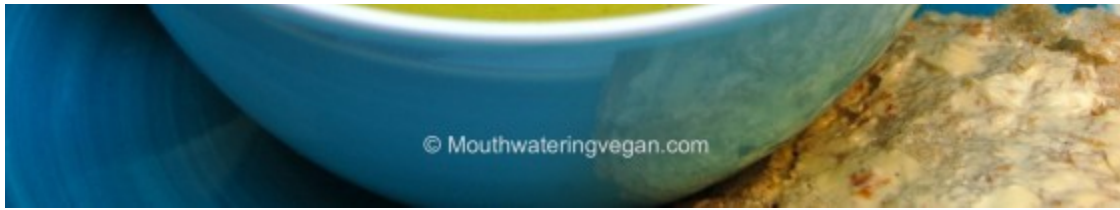
cups (500 mL) water

ast of 1 lime

METHOD

1. Heat your oil in a large saucepan, then fry your leek until it wilts and becomes a little transparent – be sure to stir, and don't let it turn brown.
2. Next, stir in the asparagus (the frozen ones are usually partially cooked). Let the mixture heat up again, lower heat to minimum, then cover and allow to cook for a further minute or so, this will help the tips thaw.
3. Remove lid, stir the mixture, and add remaining ingredients except the parsley. Cover again, and cook for a further 20 minutes, but do not allow it to boil over.
4. Remove the lid, taste for salt, and add more if needed. Then drop in the parsley, and process in a food processor until you have a wonderfully rich creamy texture. Heat up again slowly, and serve.





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PLEASE SCROLL DOWN TO THE COMMENT BOX AT THE BOTTOM OF THIS PAGE TO LEAVE YOUR COMMENT ON THIS RECIPE. THANK YOU.



Fusilli Salsa Ricca

Banana, Almond & Cinnamon Cake



10 COMMENTS



Erica

September 16, 2013 at 10:25 pm

Dear Miriam,

I just wanted to thank you for your dedication and amazing recipes. I was up until around 2:30am perusing your book and deciding which I wanted to enjoy making (and eating) for Sunday lunch. Your passion is contagious! Thank you so much for making cooking vegan more enjoyable.

0 Sincerely,
Shares Erica Dunn-Racz



Miriam

September 17, 2013 at 6:42 am

Erica Hi there, many thanks for dropping by with your wonderful comment, thanks for your kind words. When you attempt to make either of the cheddars and mozzarella be sure to double the amount of agar for a denser cheese, a few have tripled it for a very firm cheese texture – the revised recipes did not reach my publishers in time, so I would appreciate it if you pencilled this into your book. I hope you enjoy the new recipes from my book as well as the ones here on my blog and I look forward to your future comments on my blog. I would also love a customer amazon review at some point if you can spare a couple of minutes for me when it is convenient for you albeit a short one if time is not on your side. Thank you for purchasing my book and best wishes your way! 😊



Morag

September 25, 2013 at 8:57 pm

Tried this tonight – it's really fresh and the hint of lime is lovely! Will be making again 😊



Miriam

September 26, 2013 at 8:51 am

Thanks for letting me know Morag, and so glad you enjoyed it! 😊



Angela

October 14, 2013 at 10:35 pm

Hi Miriam,

I am just preparing to change my life and have been perusing your site, ordering a few items here in the UK that I will need. Bit concerned though, as when I click on the link given for Himalayan Salt, (which I have never bought before)the description says it is for external use only...? Bit confusing. Just wondering if you could clarify for me? Thank you. I look forward to my new way of life with the help of your amazing recipes 😊



Miriam

October 24, 2013 at 7:59 pm

Hi Angela and apologies for not getting back to you sooner. Your comment did not enter the comment section and went into my pending box. Will be looking at the himalayan salt link now. Thanks for letting me know. A huge kudos to you for choosing a vegan lifestyle and hope that my recipes help make your transition a pleasant one. I look forward to my future comments on my blog, best wishes your way in the meantime. 😊



Nicole Wagner

November 22, 2013 at 4:20 am

Made it, Loved it!!!



Miriam

November 22, 2013 at 8:44 am

That's awesome Nicole 😊

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Hanna

March 13, 2015 at 8:51 pm

This soup was heavenly good 😊



Miriam

March 24, 2015 at 9:41 pm

Thanks there Hanna, and hope you enjoy many more from my blog! 😊
