

Cream of Asparagus Soup

- 1 tbs. parsley, chopped
- 1 tsp. chives
- 1 onion or 3 chives, finely chopped
- 1 small carrot, chopped finely
- 1 bunch asparagus, chopped into ½ inch chunks
- 1 ½ c. small cubed potato
- 1 carton of organic Chicken Broth
- 7 oz. of condensed coconut milk (unsweetened), or organic Half & Half
- 1 tsp Italian seasoning or soup seasoning
- 1 Vegetable Bouillon cube, organic
- Salt to taste



Sautee onions, carrot, asparagus in 2 Tbs of org. coconut oil, avocado or olive oil, add spices. Stir until limp then add chicken broth, bouillon cube, potato and bring to a boil. Immediately turn heat to simmer on very low heat and cook for about 20 min or until vegetables are soft. Remove from stove and let cool a bit. Take soup mixture and puree with coconut milk or Half and Half. Return to pot to warm. Do not bring to a boil anymore.

You can top it with your choice of gluten free or rice crackers! Enjoy!

You can substitute cauliflower, sweet potato or broccoli instead of the asparagus for a variety. Soup stores in the refrigerator for a few days. Or it can be frozen in mason jars ¾ full for later use.

Take 1/3 of the soup mixture and puree with coconut milk. Return to pot. Do not bring to a boil anymore. Enjoy!