

CREAM OF ASPARAGUS AND CELERY SOUP



VEGAN



4-6 SERVINGS



30 MINUTES

INGREDIENTS:

- ½ - 1 pound asparagus stems
- 4-6 stalks of celery, chopped
- ½ cup coconut milk
- 2 tablespoons roasted garlic cloves*
- 1 small yellow onion, sliced
- 1-quart vegetable stock
- 1 teaspoon nutmeg
- olive oil and black pepper for garnish

Roasted chickpeas for garnish:

- 1 can chickpeas, rinsed and dried
- 2 teaspoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- ½ tsp kosher salt

DIRECTIONS

1. Place chickpeas in air fryer basket.
2. Roast at 425F for 15-17 minutes, shaking halfway through. Remove and set aside.
3. Melt butter over medium heat.
4. Add vegetables and spices.
5. Cook for 7-10 minutes. Add roasted garlic.
6. Add stock and bring to a boil, then reduce and cook for another 10 minutes.
7. Add to blender and puree until smooth. Return to pot.
8. Add coconut milk and warm over medium heat.
9. Plate and garnish with olive oil, black pepper, and roasted chickpeas.

*Note: If you don't have roasted garlic, fresh garlic cloves will work too. Just add them toward the end of cooking the celery and asparagus, and saute for another 30-60 seconds until the garlic is fragrant.