

Side | Lunch | Dinner

Roasted Asparagus Soup

30 Mins
Prep Time

25 Mins
Cook Time

4-6
Servings

 **256** Calories **16g** Fat **21g** Carbs **5g** Protein



Ingredients

 **4-6 Servings**  **55 Mins Total Time**  **Allergens: Nuts**

1 lb Asparagus Tips, **washed** 

¼ Cup Extra Virgin Olive Oil

Salt, to taste

Pepper, to taste (if tolerable)

2 Shallots, thinly sliced (if tolerable)

1 Clove Garlic, minced (if tolerable)

1 (15oz) Can Diced Potatoes, rinsed and drained

3 Cups Vegetable Broth (we used 3 cups water mixed with 1 Tbsp vegetable bouillon)

1 Cup Plain Almond Milk, more if necessary

Ground Nutmeg, for garnish

Allergen Swap

Nuts Replace the almond milk with a nut-free milk such as cow's milk.

Nourishment Note



Creamy Soup

Roasting the asparagus and blending all ingredients may be more tolerable for most people while experiencing a flare.



Asparagus

Asparagus tips are better tolerated than the full asparagus stalk. Asparagus contains folate a nutrient that can become low during flares with Crohn's and ulcerative colitis.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 350°F.

3. Roast Asparagus

Place asparagus tips on baking sheet. Drizzle with 2 Tbsp olive oil and sprinkle with salt and pepper. Toss to combine. Roast in the oven for 30 minutes, tossing half-way through, or until asparagus is lightly browned.

4. Remove From Oven

Carefully remove from oven and set aside.

5. Sauté Shallots & Garlic

Heat 2 Tbsp olive oil in a large pot over medium-high heat. Add shallots and sauté until fragrant, about 2 to 3 minutes. Add garlic and mix to combine.

6. Simmer Potatoes, Asparagus & Broth

Add potatoes, roasted asparagus and vegetable broth. Bring to a boil, then cover with a lid and turn heat down to a simmer. Simmer for 20 minutes.

7. Blend Soup

Carefully transfer soup contents to a blender. Cover the top of the blender with a towel to allow the steam to escape. Leaving the lid on completely may cause it to pop off from the steam.

8. Season & Serve

Pour soup back into pot to keep warm. Add additional salt and pepper, if necessary. Serve with a sprinkle of ground nutmeg.

9. Wash Hands

Wash hands with soap and water.

What You'll Need



Baking Sheet



Spatula



Oven Mitts



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Large Pot with Lid



Mixing Spoon



Blender or Food Processor



Kitchen Towel

Remission Remix

- Roast the entire asparagus spear, not just the tips. This will provide additional beneficial fiber to the dish.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians