

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 

**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