

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 🕠

1/4 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.

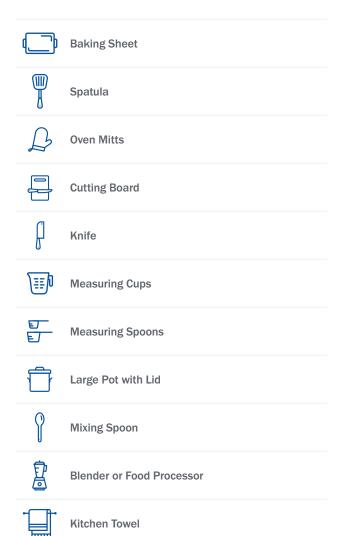
#### 8. Season & Serve

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



#### **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