

Roasted Garlic & Asparagus Soup

8 ingredients · 50 minutes · 1 serving



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
3. When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
4. To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
5. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 1/4 cups of soup.

More Flavor

Add fresh herbs or black pepper to the soup before blending.

Additional Toppings

Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach

Use kale instead.

No Blender

Use an immersion hand blender or food processor instead.

Ingredients

- 1 cup Asparagus (trimmed, cut in half)
- 2 1/2 Garlic (cloves, peeled and cut in half)
- 1/8 Yellow Onion (cut into thick slices)
- 1/16 head Cauliflower (cut into florets)
- 3/4 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (divided)
- 2/3 cup Vegetable Broth
- 1/2 cup Baby Spinach

Nutrition

Amount per serving

Calories	93	Cholesterol	0mg
Fat	4g	Sodium	731mg
Carbs	13g	Vitamin A	2749IU
Fiber	4g	Vitamin C	32mg
Sugar	5g	Calcium	78mg
Protein	5g	Iron	4mg