



## Asparagus Soup with a Secret

I first created this soup in the summertime when I was craving something light, filling, and easy to make. Now I make it year-round because it's just that satisfying and delicious. Not only is it fresh and healthy, but it contains a couple of unexpected secret ingredients that take both the flavor and nutrition up a notch.

One of them delivers a rich, creamy texture—without a drop of dairy, flour, or added thickeners. Curious? Keep reading to discover what makes this soup different, delicious, and sneakily nourishing.

### Ingredients

- 2 lb. fresh asparagus
- 1 yellow onion, cut into quarters
- 1 red onion, cut into quarters
- 2 cloves garlic, peeled and cut in half
- 32 oz. box of organic vegetable broth
- Juice of 2 fresh squeezed lemons
- Zest of 1 lemon (or to taste)
- ½ cup of canned chickpeas (garbanzo beans)
- ½ tsp dried Thyme
- ½ tsp dried Dill
- 1 tsp Trader Joes 21 Season Salute
- ½ tsp sea salt
- ½ tsp fresh ground pepper
- Parmesan Cheese (for serving)

### Procedure

1. Wash and steam asparagus (on the stove) for about 5 minutes and set aside while it cools. Once cool, chop it into 2" long pieces reserving 8-12 tips of the asparagus for serving.
2. Using about 1/4 cup of the vegetable broth, sauté both onions and the garlic over medium heat till cooked (about 5 minutes) stirring occasionally. Add the juice from the lemons and lemon zest to the onion mixture, remove from heat.

3. In a blender add the remaining vegetable broth, asparagus, chickpeas, and the onion mixture. Blend on medium till all of the whole chickpeas, and asparagus is to your desired consistency (I like mine a little course and I blend for about 2 minutes).
4. Add the blended mixture to a large pot then add the spices, salt and pepper. Bring to a boil, then reduce heat to medium-low and continue cooking for about 5 minutes.
5. Serve in soup bowls or cups with a grated Parmesan cheese (vegan or not) and asparagus tip garnish

Soup is Served!

I always make too much of this soup on purpose so I can freeze it for later (my meal prep strategy). It serves 4 people when serving in bowls or 6 people when serving in cups.

Click [HERE](#) to watch the cooking demo on YouTube.

Cooks Note: The two unexpected ingredients to this delicious soup are the lemon and the chickpeas. The lemon gives the soup an especially light and delicious flavor and the chickpeas add a punch of protein as well as acting as a thickening agent for the soup. Personally, I can't even taste the chickpeas and I think that's a good thing as it gives the body protein while allowing the asparagus to be the star of this show. This soup can be served as a main dish with a side salad or as a starter for dinner parties and seems to be well liked by those with even the most discerning taste buds.

Bon Appetit