

## **Asparagus Soup (Servings 2-4) – (NOT STTFP PLAN APPROVED)**

### **Ingredients:**

- 1 yellow onion, diced
- 2 tsp. olive oil
- 1lb. asparagus spears
- ½ head cauliflower, chopped
- 4 cups organic, low-sodium chicken stock (
- Sea salt & cracked black pepper

### **Directions:**

1. Snap ends off asparagus. Shave 3 spears with a vegetable peeler to create ribbons, set aside. Chop remaining asparagus.
2. In a large pot over medium heat, sauté onion in oil until translucent. Add chopped asparagus and cauliflower and cook for about 3 more minutes.
3. Add stock and bring to a boil, reduce heat and simmer 20-30 minutes until cauliflower is very tender.
4. Puree until smooth. Season with salt and pepper, and serve garnished with shaved raw asparagus and fresh pepper.

