



# Asparagus Soup with Spinach

## Ingredients

- **2 tbsp.** grapeseed oil
- **1 large** (very large) yellow cooking onion, chopped
- **3 cloves** garlic, chopped
- **4 stalks** celery, thinly sliced
- **about 1 lbs.** asparagus, trimmed and chopped into 1-inch pieces
- **1/2 tsp.** kosher salt
- **1/4 tsp.** freshly ground pepper
- **900 ml** vegetable stock (low sodium)
- **500 ml** water
- **2 handfuls** baby spinach

## Directions

1. Heat the oil over medium heat in a large soup pot.
2. Add the onion and garlic, and cook for several minutes until the onion starts to turn translucent. Avoid browning.
3. Add the celery and asparagus, salt and pepper. Let cook for a few minutes before adding the stock and water.
4. Bring the soup to a boil, then cover and simmer on low for 30 minutes. Stir in the spinach; it will wilt right away.
5. Using an immersion blender, puree until smooth. Taste and adjust the seasonings if required.