

MOURAD'S VEGAN CREAMY ASPARGUS SOUP



DIRECTIONS

In a large pot, heat 4 tablespoons olive oil. Sauté celery and onion for 3 to 4 minutes or until fragrant. Add carrots and potatoes and cook for another minute or two. Add asparagus and enough broth to cover it. Bring to a gentle boil. Cover, reduce the heat and simmer until carrots and potatoes are tender (about 30 minutes). Working in small batches, blend the soup in a food processor. You may need to add broth to thin it to a consistency you like. *

Stir in the herbs and the remaining 4 tablespoons of olive oil. Salt and pepper to taste. Serve with fresh croutons or your choice of bread.

*Note: the soup will thicken quite a bit the next day. Save the extra broth or add milk if you prefer it.

SHOPPING LIST

4 bunches of asparagus (the thinner the better), washed, white stems trimmed off

6 medium white or red potatoes, roughly chopped

2 medium white or yellow onions, chopped

2 carrots, roughly chopped

2 ribs celery, chopped

8 tbsp olive oil

2-3 quarts vegetable broth

1 bunch fresh tarragon or Italian parsley, finely chopped

1 bunch green onions, very finely chopped

Salt and freshly ground pepper to taste