



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Asparagus Soup



1 bunch Asparagus
1/2 cup Cheese — grated (or use soy)
2 cups plain Soy Milk
Basil to taste
2 cups water
Celery Salt to taste
1 Potato — chopped

Vegetable salt
3 tablespoons Butter
Pepper
1/2 Onion — chopped
Garlic (pinch)
1/2 cup Mushrooms — sliced
Parsley (pinch)

Chop asparagus, setting aside tips for use later. Simmer chopped asparagus and chopped potato in 2 cups water, with 2 Tbs. butter, basil, celery salt, vegetable salt and pepper to taste.

Simmer until vegetables are tender, and cool. Place cooled broth and vegetables in blender and puree, slowly adding the 2 cups of milk. Saute onion, mushrooms and reserved asparagus tips with a pinch of garlic and a pinch of parsley in 1 Tbs. of butter. Add to soup mixture, simmer 15-20 minutes.

Grate and add cheese, if desired, just before serving.