



Curried Asparagus Soup

Prep Time: 10 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 Calories

16.86 g fat

989 mg sodium



INGREDIENTS: **** Items not included in kit**

- 2 TB extra-virgin olive oil**
- 1 cup diced onion
- 1/4 tsp salt and 1/4 tsp black pepper**
- Asparagus Soup Spices (1/2 tsp curry powder & 1/2 tsp ground ginger)
- 1 lemon, zested and juiced
- 2 cups red potatoes, peeled and diced about 3/4 lb.
- 3 cups vegetable broth
- 1 cup coconut milk
- 2 cups asparagus, about 1 bunch
- 1/4 cup sour cream
- Ciabatta rolls

DIRECTIONS:

1. Peel and dice **potatoes** into 1 inch cubes, set aside. Zest and juice **lemon**, set aside separately, trim **asparagus** into 1 inch pieces, set aside.
2. Heat a large saucepan over medium heat. Add **2 TB olive oil, diced onion** and **¼ teaspoon salt & black pepper** and cook, stirring often, until onions have developed a golden color, about 5 minutes. Stir in **Soup Spices, lemon zest** and **peeled diced potatoes**, stirring occasionally, for 10 minutes. Stir in **3 cups vegetable broth** and **1 cup coconut milk (measure out)** and **trimmed asparagus pieces**. Bring to a simmer over medium heat, partially cover and continue to cook until the potatoes are tender, about 15 minutes.
3. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. Use caution when pureeing hot liquids. If needed, add **remaining vegetable broth** to reach desired thickness.
4. Whisk **sour cream** and **lemon juice** in a small bowl and garnish soup with a swirl of it.
5. Warm **ciabatta rolls** in a 400 degree oven for 8-10 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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