

Cream of Asparagus Soup with Gremolata

Serves 4

Allergens: Contains wheat (but can be made wheat-free)



VEGAN



VEGETARIAN



DAIRY FREE



Ingredients

- 2 tablespoons canola or grapeseed oil
- ½ medium yellow onion, diced
- 4 cloves garlic, minced
- 1 bunch asparagus, ends trimmed and chopped
- 1 ¾ cup white beans (or 15 ounce can, rinsed and drained)
- 3 cups vegetable broth
- 1 tablespoon nutritional yeast (optional)
- 2 cups spinach, organic preferred
- 1 lemon (organic preferred)
- 1 teaspoon salt or to taste
- 1 teaspoon Italian seasoning
- ½ teaspoon black pepper

Gremolata

- ¼ cup fresh parsley, minced
- 3 tablespoons bread crumbs
- 1 clove garlic, finely minced (or to taste)
- Zest of 1 lemon, reserved from soup

Directions

1. Heat oil in a stock pot over medium heat.
2. Add onions and cook until they start to become translucent, about 3 minutes, stirring occasionally. Add garlic, then asparagus, beans, broth, and nutritional yeast.
3. Bring to a simmer and adjust heat to maintain a simmer for about 5 minutes, or until asparagus is bright green and tender. Add spinach and stir. Remove from heat.
4. Meanwhile, zest the lemon and set aside for the gremolata, then juice the lemon and set aside.
5. To the soup, add 1 tablespoon lemon juice, salt, Italian seasoning, and pepper. Use an immersion blender to blend until smooth, or let cool and puree in a blender until smooth. Adjust seasonings to taste.
6. To make gremolata, mix together all ingredients in a small bowl. Use as a topping for the soup.

Variations

- Asparagus can be roasted rather than cooked in the pot, then pureed once remaining ingredients have been added.
- Green peas can be substituted for white beans for a different flavor and color.
- Croutons or [savory granola](#) can be used as a topping rather than gremolata.
- Extra gremolata (without bread crumbs) can be saved as a topping for rich protein foods, or combined with olive oil to make a sauce or marinade.
- Other herbs can replace or be added along with parsley in the gremolata.

Recipe from [“Spring Seasonal Vegetables” cooking class, Spring 2019](#)