

Creamy Asparagus and Pea Soup

Diabetes Friendly

Serves 4

Ingredients

- 2 Tbsp olive or avocado oil
- 12 ounces asparagus (trimmed // 1 large bundle yields ~12 ounces)
- 2 cups fresh peas
- 4 cloves garlic (minced)
- 1 medium shallot (thinly sliced)
- Salt + Pepper
- 1 1/2 cups unsweetened plain almond milk or soy milk
- 1 1/2 cups vegetable broth
- 1/2 medium lemon, juiced

Directions

1. Preheat oven to 400 degrees F (204 C) and spread asparagus on a bare baking sheet. Drizzle with oil of choice and season lightly with salt and pepper. Toss to coat.
2. Roast for 15 minutes, then set aside.
3. Heat a large saucepan or pot medium heat. Once hot, add 2 Tbsp oil, shallot, and garlic. Season lightly with salt and pepper and stir to coat. Cook for 2-3 minutes or until fragrant and translucent. Reduce heat if garlic begins browning.
4. Add peas, vegetable broth and almond or soy milk and season with salt and pepper once more.
5. Transfer soup to blender (that is safe for blending hot liquids – it should have a lid that allows steam to escape) along with asparagus (reserve some for garnish if desired). Blend soup until creamy and smooth. Transfer back to pot and bring to medium heat and simmer.
6. Continue cooking until warmed through and simmering, then reduce heat to low.
7. Taste and adjust seasonings as needed, adding more salt and pepper if desired. Remove from heat and add lemon juice.

Nutrition Facts		
Serving Size: 1 cup		
Amount Per Serving	% Daily Value*	
Calories	157.5 kcal	8 %
Total Fat	7.9 g	12 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	567 mg	24 %
Total Carbohydrate	16.9 g	6 %
Dietary Fiber	6.5 g	26 %
Sugars	6.5 g	
Protein	7.1 g	14 %
Vitamin A	5 %	Vitamin C 63 %
Calcium	8 %	Iron 18 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

