

Vegan asparagus soup



Asparagus soup

For 4 servings:

1/2 kg asparagus, chopped

1 large onion, chopped

250 g vegetable cream/250 ml unsweetened soy milk

1-4 tablespoons flour

a handful frozen peas (optional)

1 carrot, finely sliced (optional)

parsley, finely chopped, to garnish

salt and pepper

Cook the asparagus and the onion in 1 l water, for about 10 minutes. Remove from the heat and blend with a hand blender until smooth.

Add the peas and the carrots and simmer for another 5 minutes.

Separately, mix the vegetable sour cream with a tablespoon of flour (or the soy milk with 4 tablespoons flour) and pour over the soup. Let it cook for 3-4 minutes, until thick. Add salt and pepper to taste.

Garnish with parsley and a little olive oil.