

Side | Lunch | Dinner

# Roasted Asparagus Soup

**30 Mins**  
Prep Time

**25 Mins**  
Cook Time

**4-6**  
Servings

**256** Calories   **16g** Fat   **21g** Carbs   **5g** Protein



## Ingredients

**4-6 Servings**   **55 Mins Total Time**   **Allergens: Nuts**

- 1 lb Asparagus Tips
- ¼ Cup Extra Virgin Olive Oil
- Salt, to taste
- Pepper, to taste (if tolerable)
- 2 Shallots, thinly sliced (if tolerable)
- 1 Clove Garlic, minced (if tolerable)
- 1 (15oz) Can Diced Potatoes, rinsed and drained
- 3 Cups Vegetable Broth (we used 3 cups water mixed with 1 Tbsp vegetable bouillon)
- 1 Cup Plain Almond Milk, more if necessary
- Ground Nutmeg, for garnish

### Allergen Swap

**Nuts** Replace the almond milk with a nut-free milk such as cow's milk.

### Nourishment Note



#### Creamy Soup

Roasting the asparagus and blending all ingredients may be more tolerable for most people while experiencing a flare.



#### Asparagus

Asparagus tips are better tolerated than the full asparagus stalk. Asparagus contains folate a nutrient that can become low during flares with crohn's and ulcerative colitis.

## Instructions

### 1. Preheat Oven

Preheat oven to 350°F.

### 2. Roast Asparagus

Place asparagus tips on baking sheet. Drizzle with 2 Tbsp olive oil and sprinkle with salt and pepper. Toss to combine. Roast in the oven for 30 minutes, tossing half-way through, or until asparagus is lightly browned.

### 3. Remove From Oven

Carefully remove from oven and set aside.

### 4. Sauté Shallots & Garlic

Heat 2 Tbsp olive oil in a large pot over medium-high heat. Add shallots and sauté until fragrant, about 2 to 3 minutes. Add garlic and mix to combine.

### 5. Simmer Potatoes, Asparagus & Broth

Add potatoes, roasted asparagus and vegetable broth. Bring to a boil, then cover with a lid and turn heat down to a simmer. Simmer for 20 minutes.

### 6. Blend Soup

Carefully transfer soup contents to a blender. Cover the top of the blender with a towel to allow the steam to escape. Leaving the lid on completely may cause it to pop off from the steam.

### 7. Season & Serve

Pour soup back into pot to keep warm. Add additional salt and pepper, if necessary. Serve with a sprinkle of ground nutmeg.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Baking Sheet



Spatula



Oven Mitts



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Large Pot with Lid



Mixing Spoon



Blender or Food Processor



Kitchen Towel

### Remission Remix

- Roast the entire asparagus spear, not just the tips. This will provide additional beneficial fiber to the dish.