

Spring Green Soup: Asparagus, Cucumber, Avocado + Fresh Herbs

Serve this soup warm on cold spring days when you are craving fresh spring veggies but your belly still wants warm nourishing comfort. The avocado creates a sublime creamy texture with zero dairy. This soup is vegan! Feel free to modify the herbs used here for ones you love. If your spring days happen to be warmer this soup is delicious chilled too. It lasts a week in the fridge and 6 months in the freezer. Everything is pureed smooth so don't worry about your knife skills being perfect either!

Directions

Yields: 12 cups

Heat a soup pot on the stove over medium heat. Warm the olive oil. Add the green onion, garlic and jalapeño and sauté till soft and cooked through.

Pour in the green tea and bring it to a boil. Add the asparagus and cook just till soft, about 4 minutes. Add the cucumber and cook just till the white flesh turns translucent, maybe 2 more minutes.

Remove the pot from the heat. Begin to ladle the soup into your blender. Add the avocado, herbs, salt and lime juice to the blender and puree till smooth. You will most likely be doing this in batches.

Taste for seasoning. Does it need more salt?

Ingredients

- 2 Tablespoons olive oil
- 2 bunches green onions, washed, cut in 1 inch lengths
- 4 cloves garlic, rough chopped
- 1/2 to 1 whole jalapeño*, seeds removed, rough chopped
- 5 cups green tea, or any herbal tea of your choice*
- 1 bunch asparagus, bottoms snapped off, cut in 1 inch lengths
- 4 cups English cucumber, cut in 1/2 inch chunks
- 2 large or 3 medium sized ripe avocados
- 1 cup fresh soft herbs, I used a mix of mint, cilantro + chives
- 1.5 Tablespoons sea salt
- Juice and zest of 2 limes

Serve warm with toasted pumpkin seeds, a drizzle of good oil, more chopped herbs, or maybe a dollop of greek yogurt. Really anything you like!

*If you know you don't like even mild heat feel free to omit the jalapeño. Add some fresh ground black pepper instead. If you like heat add more!

*Feel free to add more tea or water to make the soup thinner if you prefer. ■