

Vegan Asparagus Soup

Creamy vegan asparagus soup made with fresh asparagus, vegetable broth, and aromatic herbs. Ready in 30 minutes for a healthy, dairy-free meal.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Vegan Asparagus Soup

Ingredients

- 12 asparagus
- 2 cup water
- 1 shallot
- 3 tbsp unsalted butter
- 1 cayenne pepper
- 1 clove garlic
- 1 cup heavy cream
- 2 tbsp corn flour
- 2 cup vegetable broth
- 1 pinch salt
- 1 pinch black pepper

Instructions

- 1 Prepare the vegetables**

Trim the woody ends from 12 asparagus spears and cut into 1-inch pieces. Dice 1 shallot finely and mince 1 clove garlic.
- 2 Sauté the aromatics**

Heat 3 tablespoons vegan butter in a large pot over medium heat until melted and bubbling. Add the minced garlic and cook for 30 seconds until fragrant but not browned.
- 3** Add the diced shallot and cook for 3-4 minutes, stirring occasionally, until softened and translucent. Add the asparagus pieces and 1 pinch cayenne pepper.
- 4** Sauté the asparagus for 5 minutes, stirring frequently, until bright green and slightly tender when pierced with a fork.
- 5 Add liquid and simmer**

Pour in 2 cups vegetable broth and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10-12 minutes until the asparagus is completely tender.
- 6** Season with 1 pinch salt and 1 pinch black pepper. Taste and adjust seasoning as needed.

- 7 **Thicken the soup**
Whisk 2 tablespoons cornstarch with 3 tablespoons cold water in a small bowl until completely smooth with no lumps. Stir this mixture into the simmering soup.
- 8 Cook for 2-3 minutes, stirring constantly, until the soup thickens enough to coat the back of a spoon.
- 9 **Blend and finish**
Remove from heat and blend with an immersion blender until completely smooth, about 1-2 minutes. Stir in 1 cup non-dairy milk and heat through for 1 minute without boiling.
- 10 Taste and adjust seasoning with additional salt and pepper if needed. Serve immediately in bowls.

Tips

Choose asparagus spears of similar thickness to ensure even cooking and consistent texture throughout the soup.

Reserve a few asparagus tips before cooking and blanch them separately for an elegant garnish that adds visual appeal and texture contrast.

Make the cornstarch slurry with cold vegetable broth instead of water to avoid diluting the soup's flavor while thickening.

Taste and adjust seasoning after blending, as the flavors may change and salt levels can seem diminished in pureed soups.

Add a splash of lemon juice just before serving to brighten the flavors and enhance the soup's natural green color.

For extra richness, stir in a tablespoon of tahini or cashew cream during the final minutes of cooking.

Reheat leftover soup gently over low heat while stirring constantly to prevent the cornstarch from breaking and creating a grainy texture.