



# Spring Asparagus Veggie

From: Jeff Spurgess

Prep Time: 30 min

Serves: 20+

Cook Time: 1.5 hours

## Instructions

- 1) Cut the asparagus into small pieces, setting the tips (<1 inch) aside.
- 2) In a huge pot, put broth, asparagus bodies, diced onion, diced garlic, ½ of the celery diced, parsley stems, shredded spinach & peas...cook until everything is soft (30 min).
- 3) While the veggies are cooking, chop mushrooms, carrots, potato, and stage them in a large bowl.
- 4) Once the veggies are soft, blend with an emersion blender.
- 5) Add the staged items, along with the nutritional yeast, honey, salt, & pepper. Let simmer for at least an hour – until potatoes and carrots are soft. Add water if it's too thick.
- 6) Top with parsley leaves and raw sunflower seeds.

## Ingredients

- Vegetable Broth/stock – 3 boxes
- Asparagus – 2 bunches
- Frozen Peas – 2 bags
- Onion – 1 large
- Garlic – 8 gloves
- Celery – ½ stalk
- Spinach – 1 Bunch
- Carrots – 2 lbs
- Red potatoes – 3 large
- Mushrooms – 8 oz
- Nutritional yeast – ½ cup
- Honey – 1/3 cup
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Raw sunflower seeds – for topper

## Notes

