**Vegan Cream of Asparagus Soup (GF)**

This Vegan Cream of Asparagus Soup is, rich and velvety, easy to make, super nutritious!

**Ingredients**

* 1 tablespoon oil (coconut, vegetable, rapeseed or olive)
* 1 onion, sliced
* 1 garlic clove, roughly chopped
* 1 celery stick, sliced
* 1 carrot, peeled and roughly chopped
* 60 ml (1/4 cup) white wine (ensure vegan if necessary)
* 300 g (10.5oz) bunch of asparagus, ends trimmed and roughly chopped
* 200 ml [(4/5 cup) unsweetened almond milk](https://www.amazon.com/gp/product/B002H0627G/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002H0627G&linkCode=as2&tag=rhiansrecip00-20&linkId=f891881c93fffd03af4bd65d1c32355f) (or sub unsweetened oat milk for a nut-free version)
* 400 g (14oz) tin of white beans, drained and rinsed (cannellini, haricot or butter beans)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8) (ensure gluten-free if necessary)
* Salt + pepper, to taste

**To serve:**

* Fresh parsley, roughly chopped

**Instructions**

* Heat up the oil in a large saucepan and add the onion, garlic, celery and carrot once hot
* Fry for around 10 minutes until softened
* Add the white wine and fry for a further few minutes until disappeared
* Add the asparagus, almond milk, white beans, stock cube and salt + pepper, along with 500ml (2 cups) water
* Bring to the boil and simmer on a low heat for around 10 minutes
* Transfer the mixture to a food processor or blender (or use a hand-held stick blender) to whizz until completely smooth - add more water to thin out if necessary
* Taste and add more salt if necessary

**To serve:**

* Serve into bowls and scatter over chopped parsley, if desired
* Leftovers keep covered in the fridge for up to a few days and also freeze well