

# ASPARAGUS (OR BROCCOLI) AND WHITE BEAN SOUP

## Ingredients

- 1 bunch asparagus stalks - upright energy
- 2 c water
- 1 tsp olive oil or ghee
- 1/2 c cooked white beans - astringent taste
- 1 tsp salt - or less if you can
- Juice of 1/4 lemon
- Freshly ground black pepper

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## Instructions

Remove the woody part of the asparagus stalk, bottom 1-2 inches

Cut into 1 inch pieces

In a medium saucepan, boil the asparagus with 1 cup of water until asparagus is tender, 5-7 minutes.

In a high speed blender, put a cup of water, olive oil or ghee, beans and salt along with the cooked asparagus and water \. Blend on medium - high til smooth. Or add everything to the saucepan and use an immersion blender. Gentle reheat and add the lemon juice and serve.

## Ayurvedic perspective

This soup purifies the body's water element, warms and lightens the body during the heavy damp cool spring season.

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