

## **Spring Vegetable Soup**

Adapted from [pumpkinandpeanutbutter.com](http://pumpkinandpeanutbutter.com)

### **Ingredients**

2 tablespoons olive oil  
1 large yellow onion, diced  
6 cloves garlic, minced  
3 stalks celery, chopped  
2 large carrots, peeled and chopped  
1 bag (12 oz.) frozen asparagus  
8 cups vegetable broth  
1 bag (5 oz.) baby spinach leaves  
1 bag (16 oz.) frozen peas  
1 teaspoon dried thyme  
salt and pepper, to taste  
1/2 cup freshly chopped herbs (parsley, cilantro, green onion, basil, etc)  
optional: poached eggs for topping

### **Instructions**

1. Heat olive oil in a large soup pot. Add yellow onion and saute for 3-4 minutes. Add garlic and let cook for 30 seconds - 1 minute. Add celery, carrot, and asparagus. Continue to cook for another 5-7 minutes, until the veggies are just tender.
2. Stir in dried thyme and vegetable broth. Season generously with salt and pepper and stir. Bring to a boil.
3. Once soup is boiling, add in peas and baby spinach. Turn down to a simmer and let it cook for 5-7 minutes.
4. Optional: Poach your eggs. Microwave method: Pour ½ cup of room temperature water into a thin-walled ceramic mug and crack in one egg. Cover and microwave for 55 seconds (Note: the time that you need to microwave your egg may vary).
5. Stir in freshly chopped herbs. Ladle into soup bowls, and if using, top with a poached egg.