

Spring Fava Bean and Asparagus Vegetable Soup

Vegetable Stock Ingredients

- ½ cup olive oil
- 2 cups diced carrots
- 1 cup diced celery
- 1 cup diced jicama (optional)
- 2 cups mushrooms
- 1 pound very small red potatoes, quartered
- 1 teaspoon cumin
- 1 teaspoon chili flakes (optional)
- 2 teaspoons Herbes de Provence
- 1 teaspoon mint (fresh or dried)
- 1 ½ teaspoon salt
- ½ teaspoon white or black pepper
- 5-7 cups of water (depending on how much broth preferred in soup)

Directions

Step 1: Make the Vegetable Stock First

Heat a large pot over medium heat. Add oil to coat the bottom of the pot. Add carrots, celery, jicama, mushrooms and cook for approx. 5-10 mins, stirring occasionally. Then add spices and potatoes and sauté for another 5-8 mins, stirring frequently. Add water and bring to a simmer over medium-high heat for approx. 10-15 mins or until potatoes start to soften.

Step 2: Add the Following Ingredients to the Vegetable Stock

- 1-2 cups (1 ½ inch) slices of asparagus
- 1 cup cannellini beans (canned)
- 1-2 cups fava beans (frozen and shelled)
- 2 cups baby spinach
- ¼ cup fresh basil

Allow all of the vegetables to simmer together until vegetables are tender for approx. 20-30 mins. Ladle soup into bowls, top with vegan parmesan cheese and serve with a crusty style bread of choice.

Note: Soup can slowly cook on low to medium heat up to an hour or more, depending on personal taste. The longer the soup cooks, the creamier the taste and all ingredients will blend together.