Cream of Asparagus Soup

(Makes about 7 cups)

2 medium-size white potatoes, diced
2 cups water
1 medium-size bunch asparagus (about 4 cups chopped)
2 cups shredded cabbage
1 cup (loosely packed) chopped fresh parsley
1/4 cup chopped fresh basil
1-2 cups plain rice milk
3/4-1 teaspoon salt

Scrub and dice potatoes (no need to peel them); place them into a large pot with the water. Bring to a simmer; then cover and cook for about 10 minutes, or until tender when pierced with a fork.

Remove the tough ends from the asparagus, then break stalks into 1- to 2-inch lengths.

When potatoes are tender when pierced with a fork, add asparagus along with cabbage, parsley, and basil. Cover and simmer for about 5 minutes, or until asparagus is just tender when pierced with a fork.

In a blender purée the vegetables with cooking liquid, in 2 or 3 batches. Add enough of the rice milk to each batch to facilitate blending. (Be sure to start the blender on a low speed.) After puréeing all vegetables, pour soup into the pan. Add salt, then heat gently until steamy.

Recipe from *Foods That Fight Pain*, by Neal Barnard, M.D.