



CREAM OF ASPARAGUS SOUP

(Standard and Maintenance Plans)

By Dr. Cindy Tanzar

Fresh, tender asparagus is very abundant in the Spring. This easy soup is not only a beautiful color, but also provides a rich and creamy way to enjoy your vegetable without being overly heavy. Choose young asparagus that is thin without a lot of thick woody ends to avoid a stringy texture. *This recipe makes about 4 servings at 1.5 cups per serving. One serving covers your vegetable and fat for one meal.*



INSTRUCTIONS

- 2 Tbsp Kerry Gold butter
- 1/2 cup onion, chopped
- 2 pounds asparagus, woody ends removed and chopped into 1-inch pieces
- 2-3 tsps. garlic, minced, to taste
- 3 cups chicken broth



1 cup heavy cream

1 tsp Pink Himalayan salt

1/2-1 tsp black ground pepper, to taste

Optional: garnish with fresh dill, chives or sprinkle with paprika

INGREDIENTS

Melt the butter in a pot over medium heat. Add onions and sauté until soft.

Stir in asparagus pieces and sauté 5-7 minutes, until the asparagus has become a bit tender. Add garlic, salt & pepper, sautéing another 30 seconds.

Add the chicken broth and simmer for 15 minutes, covered. Asparagus should be very soft to break down the fibers.

Add soup to a high-powered blender (may need to do in two batches) and open the spout at times to let the steam escape. You can also use an immersion blender (so easy). If using a food processor, you will have to let the soup cool a bit, as there is no place for the heat to escape and you can crack the container or blow the lid.

Blend until soup is very smooth, then return it to the pan. Stir in the heavy cream and simmer for another 5 minutes.

NOTE: If your asparagus is tough and fibrous, you may need to strain it with a mesh strainer.