



Asparagus Soup

6 Servings

Ingredients:

1 tablespoon oil
1 cup finely chopped onion
2 medium potatoes - peeled and cut into 1/2-inch dice (about 10 ounces)
2 cloves garlic - minced
3 cups vegetable broth (low sodium optional) or chicken broth
1 ½ - 2 pounds asparagus - bottoms trimmed and cut into 1-inch pieces
juice of 1/2 lemon (optional)
salt to taste
black pepper to taste

Preparation:

1. Heat oil in a medium/large soup pot over medium heat.
2. Add onions and potatoes.
3. Cook, stirring occasionally, until the onions begin to soften, about 3 to 4 minutes.
4. Add the garlic and cook until fragrant, about 30 seconds.
5. Add the broth, asparagus, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer until the vegetables are tender, 15 to 20 minutes.
7. Place small batches into blender and puree until smooth.
8. Return to your pot, stir in lemon.
9. Taste for additional seasoning.