

Spring Asparagus Soup with Herbs



Yields 4 servings

Ingredients:

1 ½ lbs. asparagus, washed
1 tsp salt
2 Tbsp. butter
¾ cup potatoes, peeled and sliced very thin
White pepper, to taste
Squeeze of fresh lemon juice
Prepared stock or bone both of choice
3 cups fresh baby spinach
2 bunches scallions, chopped
2 Tbsp. each fresh tarragon, Italian parsley, and chives, chopped

Instructions:

Start by cutting the tips off the asparagus, snapping the tough ends off and discarding. Cut the remaining asparagus middles into ½ inch pieces. Meanwhile, melt the butter in a soup pot.

Once completely melted, add the chopped scallions, asparagus middles, and potato. Stir in salt and cook over medium-high heat for several minutes, just until butter begins to brown a bit. Add the stock to your vegetables, bring to a boil then simmer for 8 minutes.

Using an immersion blender, puree in small batches with the raw spinach until smooth. If you don't have an immersion blender, you may also transfer the soup in small batches to a blender. Once pureed, strain the pureed soup into a clean pot. Taste for salt and add a squeeze of lemon juice. Season with a little white pepper and heat through. Top with herb garnish.

Recipe adapted from:

"Fred Hutch: Cook For Your Life." An online resource empowering individuals affected by a cancer diagnosis to achieve better health through nutrition. To learn more, or view more recipes visit cookforyourlife.org.