

Asparagus Soup with Lemon and Parmesan

Prep time: 15 hour

Cooking time: 45 minutes

Serves: 4-6

Note: You can use the ends of the asparagus you would normally discard due to their woody and fibrous texture. I store mine up in the freezer until I have enough for soup.

Ingredients

2 bunches asparagus (about 2½ lbs.)

3 Tbsp. organic pasture raised butter

2 medium yellow onions, chopped

3 cloves garlic, peeled and smashed

6 cups low sodium organic chicken broth or homemade broth

1 tsp. sea salt (adding more is optional for desired taste)

¼ tsp. fresh ground black pepper

Juice from one lemon

¼ cup fresh grated parmesan



Directions

1. Melt the butter in a large pot over medium heat. Add the onions and garlic and cook until soft and translucent, about 10 minutes.
2. In the meantime, cut the tips off the asparagus (if using fresh) and set aside. Cut the remaining spears into 1/2 inch pieces.
3. Add the chopped asparagus (except the tips) to the pot, along with the chicken broth, 1 tsp. of sea salt and ¼ tsp. black pepper. Bring to a boil, then cover and turn heat to low, simmer for about 30 minutes until the asparagus is very tender.
4. Meanwhile, steam the tips for 4 minutes, rinse under cold water to halt the cooking process. Set aside.
5. Puree the soup with an immersion blender (or a standard blender in batches) until completely smooth. If necessary, strain through a mesh strainer to remove any fibrous material (more common with an immersion blender, than a standard blender).
6. Return the soup to the pot, add the lemon juice and parmesan cheese and bring back to a simmer. Add more black pepper and lemon and as much as another tsp. of sea salt to taste.
7. Ladle each serving into a bowl and top with asparagus tips, more fresh grated parmesan and herbs such as thyme, dill or basil if desired.