



## EASY AND DELICIOUS ASPARAGUS SOUP

Asparagus is a versatile vegetable that has a delicate, slightly earthy flavor and crisp texture. It's often used in salads, pasta, or simply roasted as a side dish. But did you know that asparagus makes a wonderfully creamy and comforting soup as well? Asparagus soup is an easy-to-make dish that combines the natural flavors of the vegetable with a few simple ingredients to create a delicious, light, and nutritious meal. Whether you're looking for a healthy appetizer or a filling lunch, this soup is a perfect choice.

Asparagus is packed with essential nutrients like vitamins A, C, E, and K, along with folate and fiber. It's a low-calorie vegetable, making it a great choice for those who are looking for a light, healthy meal.

### INGREDIENTS YOU'LL NEED:

- 2 lbs. of fresh asparagus
- 1 medium onion
- 6 cloves garlic - chopped
- 4 C vegetable or chicken broth
- 2 T olive oil
- 4 T butter
- 1 14.5-15.5 oz. can cannellini beans
- 2 tsp. fresh thyme - chopped
- Salt and pepper – to taste
- Optional: 1/2 cup cream
- Optional garnish: Fresh herbs (like parsley, chives or sprig of thyme)

Be sure to watch for February's article as I deep dive into the "Spice and Herb" cabinet! I will be featuring my top favorites for 2025!!

**Kitchen Tip** – Use your toaster oven to keep plates or bowls warm. Heat to the lowest setting for about 5-7 minutes and place your dishes in the oven. This should be just enough to take the chill off but not too hot to handle.

**Kitchen Quote** – "There is no sincerer love than the love of food." by George Bernard Shaw

Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts and an avid gardener. Follow at #eat603

### STEP-BY-STEP INSTRUCTIONS:

- 1. Prepare the Asparagus:**  
Start by rinsing the asparagus and trimming off the tough, woody ends. Trim off about 1 inch from the base. Once trimmed, cut the asparagus into 2-inch pieces to make them easier to cook and blend later.
- 2. Sauté the Onion and Garlic:**  
In a large pot, heat the olive oil and butter over medium heat. Once hot, add the chopped onion and cook for about 6-8 minutes until it becomes soft and translucent. Add the garlic and cook for another 2-3 minutes, careful not to let it turn brown or burn.
- 3. Cook the Vegetables:**  
Add the chopped asparagus to the pot, stirring to combine with the onions and garlic. Cook for about 5 minutes, allowing the asparagus to soften slightly. Add the beans and thyme at this point – it will help create a smooth, creamy texture for the soup.
- 4. Add the Broth:**  
Pour in the broth and bring the mixture to a soft boil. Reduce the heat and let it simmer for 15-20 minutes, or until the asparagus are tender.
- 5. Blend the Soup:**  
Once the vegetables are cooked, remove the pot from heat. Allow to cool before blending. Using a blender, blend the soup until smooth.
- 6. Add Cream (Optional):**  
If you prefer a creamier soup, stir in the cream at this point. You can also add a splash of lemon juice for a bit of brightness, or season with more salt and pepper to taste.
- 7. Serve:**  
Reheat and ladle the soup into bowls and garnish with freshly chopped herbs, a drizzle of cream, or even a sprinkle of grated Parmesan cheese if you like.

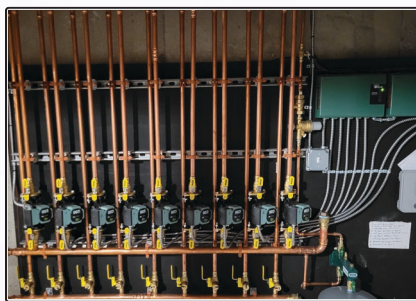
Asparagus soup pairs wonderfully with crusty bread, a simple salad, or a sandwich for a full meal. For a special touch, you could also serve it with a dollop of sour cream or a few croutons on top.



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