

CREAM-LESS CREAM OF ASPARAGUS SOUP

INGREDIENTS

- 2 tbsp. olive oil
- 1 leek - chopped
- 1 rib of celery - chopped
- 1 clove of garlic - minced
- 1 russet turnip - chopped
- 3 cups asparagus - chopped into 1-inch pieces (woody ends removed)
- 5 cups of chicken stock or vegetable stock
- ¼ tsp. ground black pepper
- 1 tsp. lemon juice - freshly squeezed
- 1 cup asparagus tips only (for garnish)



PREPARATION

1. In a large stockpot, add olive oil over medium-high heat and sauté the leeks, garlic and celery until leeks are translucent.
2. Add the turnips and asparagus and stir well to combine.
3. Add the stock and bring to a simmer. Turn the heat down to low and continue to simmer for 15 minutes, covered, until the vegetables become soft.
4. Now use an immersion blender to puree the soup. If using standing blender, then blend in batches and pour back into pot.
5. Add the lemon juice and black pepper and stir to mix.
6. Cook on low for a couple of minutes more. Stir occasionally.
7. Serve hot with asparagus tips on top. Enjoy!

