

Herbal Legacy Recipes

Asparagus Soup

INGREDIENTS:

- 2 tablespoons unsalted butter
- 1 Tablespoon canola oil
- 3 cups chopped onions
- 2 tablespoons finely minced garlic
- 6 cups vegetable broth
- 3 pounds fresh asparagus
- 2 carrots, peeled and chopped
- 1 cup chopped parsley
- 1 tablespoon dried tarragon
- Salt and pepper to taste
- Pinch of cayenne pepper
- ½ cup "Better Than Sour Cream" for garnish (optional)
- 1 large tomato, seeded and cut into small dices, for garnish

DIRECTIONS:

1. Melt butter in the oil in a pot over medium-heat. Add the onions and garlic; cook until tender, stirring occasionally, about 15 minutes. Add the broth; heat to boiling.
2. Trim woody ends off the asparagus. Reserve the tips, then cut the stalks into 1 inch pieces; add to broth. Add carrots, parsley, tarragon, salt and pepper and cayenne to broth. Simmer, partially covered, until the vegetables are tender, about 45 minutes.
3. Puree in batches in a blender or food processor, then put back in the pot.
4. Before serving, add the asparagus tips and simmer over medium-low heat until tips are tender and soup if hot, about 10 minutes.
5. Serve with a dollop of sour cream, if desired, and a sprinkling of diced tomatoes.

Serves 6.

This recipe was placed on HerbalLegacy.com at the request of David Christopher, MH. This is one of David's favorite recipes, as asparagus is one of his favorite foods.

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