

Asparagus Soup

Ingredients

- 2 pounds asparagus
- 3 tablespoons olive oil
- 1 cup chopped onion
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 5 cups reduced-sodium chicken broth
- 1/2 cup evaporated 2% milk
- 1 teaspoon fresh lemon juice
- parmesan cheese, grated

Preparation

Trim the woody ends from the asparagus; reserve tips of 8 spears. Cut the remaining asparagus into 1/2-inch pieces.

In a large saucepan, warm the olive oil over low heat. Add the onion, celery and carrot; cook 3 minutes. Add the garlic, and cook one minute. Add the asparagus, salt and pepper and cook 5 minutes. Add the broth and simmer, covered for 20 minutes. Blanch the asparagus tips in boiling water for 3 minutes. Drain.

Puree soup either using an immersion blender (easiest) or in batches in a blender. Return to the saucepan over medium heat and add evaporated milk and lemon juice. Warm though - although don't let simmer. Top with tips and add a sprinkle of parmesan cheese.

Serves 4