

# Asparagus and Leek Soup

- Portion size 6

## Ingredients

- 1-1/2 lb (680 g) asparagus
- 2 tbsp (30 mL) butter
- 1 chopped leeks, (white part only)
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) grated lemon rind
- 2 tsp (10 mL) lemon juice
- 1/4 tsp (1 mL) pepper
- 4 cups (1 L) vegetable broth or chicken broth
- 1/3 cup (75 mL) 10% cream ( or milk, or greek yogurt)



- Adapted from: Canadian Living Magazine: May 2008

## Preparation

Snap off woody ends of asparagus; cut stalks into 1-1/2-inch (4 cm) lengths. Set aside.

In large heavy saucepan, melt butter over medium heat; cook leek, stirring occasionally, until very soft, 10 minutes.

Add asparagus, parsley, lemon rind, lemon juice and pepper. Pour in broth and bring to boil; reduce heat and simmer until asparagus is tender, about 5 minutes. Using tongs, remove 1 cup (250 mL) of the asparagus tips; chop coarsely and set aside.

In batches in blender or food processor, puree soup; press through sieve over saucepan to remove any fibre. Pour in cream (milk); heat until steaming. Serve garnished with reserved chopped asparagus and sprinkling of chives.

## Nutritional Information Per serving: about

cal 82  
carb 7g

pro 3g total fat 5g sat. fat 3g  
fibre 1g chol 14mg sodium 698mg

### Contributor:

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