



Simple and Delicious Asparagus Soup

Ingredients:

Servings: 6 cups

2 cups chopped yellow onions

2 cups chopped celery

2 Tbsp sweet butter or olive oil

1 quart low sodium chicken or vegetable broth

1 lb of asparagus – ends snapped

1 heaping tsp of curry powder – adjust according to taste

Salt and pepper (optional)

1. Melt butter or heat oil in a large pot on low heat.
2. Sauté onions and celery in butter/oil until soft and golden.
3. Add broth and bring to boil.
4. Snap off ends off asparagus, cut into 2 inch pieces and add to boiling liquid.
5. Cover, reduce heat to gentle boil and cook asparagus until very tender, approximately 25- 30 minutes. (I removed the lid for the last 10 minutes to make soup thicker.)
6. Add salt, pepper, curry and blend soup in blender or with hand blender.

Enjoy a large bowl of this soup with a piece of frittata, turkey burger or breast of chicken.

Compliments of Sandy Batal