



## Creamy Asparagus Soup

### Ingredients:

- 2 lbs asparagus, tough ends removed
- 1/4 cup extra virgin olive oil
- 1 1/2 cups thinly sliced leeks, tough green ends removed; washed well (about 2 medium leeks)
- 1/4 cup rolled oats \*\*
- 4-5 cups vegetable stock or water
- bouquet garni (2 sprigs parsley, 1 sprig thyme, 1 bay leaf; tied with string)
- sea salt and freshly ground black pepper
- fresh chives, cut into 1/4 inch pieces or fresh dill

### Directions:

- Cut tips of each asparagus spear and set aside. Cut the rest of the asparagus into 1 inch pieces.
- In small saucepan, bring 2 cups water to a boil, add generous amount of salt and asparagus tips and blanch until tender; about 2 minutes. Remove tips and place in ice water to stop the cooking. When cool, drain and set aside.
- Warm the oil in a medium pot. Add leeks with a generous pinch of salt and sweat over medium-low heat for 10-15 minutes until they are very soft, but not brown.
- Add the cut asparagus pieces, a pinch of salt and sweat for 3 more minutes.
- Add stock or water, oats and bouquet garni, salt and pepper to taste; bring to a boil.
- Lower the heat and simmer, partially covered, for about 30 minutes or until the oats and asparagus are soft.
- Remove the bouquet garni from the pot and discard. Puree the soup in a blender until very smooth.
- Season again with salt and pepper to taste.
- Garnish with asparagus tips and chives or dill.

\*\*can substitute 1/4 cup arborio rice or 1 peeled and diced red potato for the rolled oats to make gluten free or grain free.

