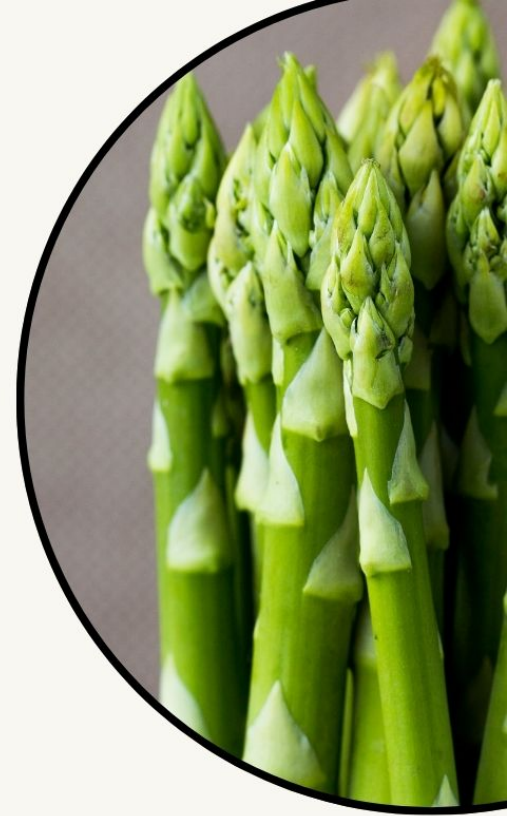


# Asparagus 2 WAYS



## GRILLED GARLICY ASPARAGUS

**SERVINGS: 3-4**

**PREP TIME: 5 MIN**

**COOK TIME: 10 MIN**

### Ingredients

1 lb Asparagus

Olive Oil

Garlic Powder

Salt & Pepper

### Directions

1. Preheat BBQ to medium heat
2. Trim the ends of the asparagus
3. Lay in a foil tray, or make a tray from foil for the BBQ, then drizzle with Olive Oil, then sprinkle (lots) of garlic powder, and salt & pepper
4. Grill for 7-10 minutes & serve immediately

## CREAMY ASPARAGUS SOUP

**SERVINGS: 4**

**PREP TIME: 15 MIN**

**COOK TIME: 25 MIN**

### Ingredients

2 lb asparagus, trimmed into small pieces.

Olive oil/butter

Salt & Pepper

1-2 cloves of Garlic

2 c broth (chicken or veg)

1/2 c cream (if desired)

### Directions

1. Mince garlic & sauté in a pan in your oil/butter until fragrant 1-2 mins
2. Add asparagus, season with salt & pepper, & cook for 5 mins
3. Add broth & let simmer for 15-20 minutes
4. With an immersion blender, blend until smooth
5. Add cream & mix if desired