

servings: 4 prep time: 15 min

cook time: 25 min

freezes?: yes!

ASPARAGUS SOUP

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)



Instructions:

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
6. If freezing, allow to cool, then transfer into freezer safe containers