

Asparagus Soup with Lemon Crème Fraiche

MG Newsletter, Julie Hyske

Ingredients Serves 6

- 1 tbsp butter
- 1 tbsp olive oil
- 1 small onion, chopped
- 4 cups cut fresh asparagus (1-inch pieces)
- 3 medium red potatoes, peeled and cubed
- 2 cans (14½ ounces each) vegetable broth
- 2 tsp grated lemon zest
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp ground coriander
- ¼ tsp ground ginger

Garnish:

- ¼ cup minced chives
- ¼ cup creme fraiche or sour cream,
- 1 tbsp lemon juice,
- ½ tsp grated lemon zest.



In a large saucepan, heat butter and oil over medium-high heat. Add onion; cook and stir until tender. Add asparagus and potatoes; cook 3 minutes longer. Stir in broth, lemon zest and seasonings. Bring to a boil. Reduce heat; simmer, covered, 15-20 minutes or until potatoes are tender. Cool slightly. Process soup in batches in a blender or use an immersion blender until smooth. Return all to pan and heat through.

Combine garnish ingredients; serve with soup.