



Asparagus Soup*

Serving: 1

Veg

Ingredients

- -1/4 cup fresh asparagus
- -1 tsp oil
- -1 pinch sea salt
- -1.5 cups veggie broth
- -1 tsp dried dill leaves
- -1/2 tsp ground black pepper
- -1 tsp soy sauce (Optional)

Preparation Method

- -Break off and discard tough asparagus bottoms. Break off tips; set aside. Coarsely chop stalks. Cook in skillet over medium heat with oil, saute lightly, for 8 to 10 minutes.
- -In blender, puree 1/2 the soup until very smooth.
- -Return puree to the rest of the soup pan. Add dill, 1 teaspoon salt, pepper, and soy sauce. Add in the asparagus tips. Heat gently but don't boil. serve