

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Asparagus Soup



- 1 1/2 pounds asparagus
- 1 large leek, use the white part plus 1 inch of the green, chopped
- 6 cups water or stock
- 1 1/2 Tbls. olive oil
- 1 small white onion chopped
- A few drops of lemon juice
- Salt and pepper to taste

Rinse the asparagus well to remove any grit from the tips. Remove the ends of the asparagus, about 2 inches up the stalk, and discard. Remove the tips (top 1 1/2 inches) and reserve. Put the chopped leek and onion in a soup pot with the olive oil and sauté over medium heat until soft and slightly colored. Add 1 cup of water or stock and simmer for 10-12 minutes. Chop the middle sections of the asparagus, add them and the remaining water or stock to the pot and simmer partially covered for 12-15 minutes longer. Cool the soup briefly, then puree and strain if desired. Put the soup back in the pot over medium-low heat and add the asparagus tips, salt, pepper and lemon juice. Let the soup gently warm until the asparagus tips are tender crisp.