

Creamy Asparagus Soup - Anthony Salemme

By Anthony Salemme, contributing chef - for RINewsToday.com

Serves 4 - 6

This soup is a complete meal with the chopped hard-boiled egg as a garnish - it's packed with protein and a healthy portion of green vegetables

2 pounds asparagus, rinsed, cut into 1" pieces (reserve a few tips for garnish)
6 ounces spinach, rinsed
1 large onion, chopped
2 garlic cloves, minced
½ cup butter
4 cups chicken broth
1 cup heavy cream
salt to taste
1 teaspoon lemon zest

Garnish

6 hard boiled eggs, peeled chopped (1 for each serving)
Toasted baguette

Melt butter in saucepan, add onion and garlic, sauté until soft 3-5 minutes.

Add asparagus and spinach to pot and cook 5 minutes longer.

Add chicken broth, bring to a boil, then simmer 15-20 minutes until tender.

Add cream.

Puree with an immersion blender.

Add lemon zest and salt to taste.

