

CSA Member Anne Bendict

Creamy Asparagus Tip Soup

servings 4

INGREDIENTS

1lb asparagus
4 cups chicken stock
1.5 cups tightly packed spinach
.5 cup fresh dill, minced
pinch cayenne
pinch ground nutmeg

INSTRUCTIONS

- Trim tips from asparagus and cut stalks into 1" pieces. Set tips aside.
- Place chicken broth and asparagus pieces in a large pot and bring to boil. Reduce heat and simmer covered for about 25 minutes. Add the spinach, dill, cayenne and nutmeg and simmer covered for 5 minutes.
- Remove soup from the heat. Process in batches in a blender or emulsion blender until smooth.
- Return soup to the pot, add asparagus tips and simmer over medium heat until the tips are just tender, about 5 minutes. Taste and adjust the seasoning. Can be stored in refrigerator for a week.

