

Lemon Asparagus Soup



Ingredients (serves 2)

- 1 cup yellow onion, chopped
- 1 tablespoon minced garlic (about 3 cloves)
- 1 teaspoon lemon zest
- 1 bunch of fresh asparagus, cut into thirds (about 2 ½ cups after cut up)
- 2 ¾ cup water
- 1 teaspoon salt
- 5 grinds fresh pepper
- 1 tablespoon fresh lemon juice

Heat a medium soup pot over medium heat for a few minutes until it is hot. Add the onion, garlic and lemon zest. Sauté for 4 minutes, add a small amount of water if the vegetables are sticking to the pot. Add the asparagus and water. Turn the heat up and bring to a boil, then lower the heat, cover and simmer for 15 minutes.

Turn off heat, uncover and allow to cool for about 15 minutes. Puree in blender until smooth and creamy. Return soup to the pot, season with salt, pepper and fresh lemon juice.

Recipe slightly adapted from Clean Food Dirty Girl