

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Asparagus Soup

Yield: 2 Quarts

Servings: 10

Portion Size: 6 Ounces

8 ounces Vidalia Onion, diced
8 ounces Parsnip, diced
4 ounces Celery, diced
4 ounces Fennel, diced
6 cloves Garlic, minced
2 ½ pounds Asparagus, peeled, sliced
2 ounces Olive Oil
1 quart Vegetable Stock
2 tbsp. Cornstarch
1 cup Milk
Sea Salt and Fresh Cracked Pepper to taste

1. Heat the olive oil in a medium size pot. Add the onions, parsnips, celery, fennel, and garlic. Cover the pot with a lid and cook on medium low heat until tender.
2. Add the sliced asparagus, stir into the cooked vegetables. Add the vegetable stock and simmer until asparagus is very tender.
3. Combine the cornstarch with the milk and stir into the asparagus soup. Cook for an additional five minutes.
4. Remove the soup pot from the range and blend the soup with a hand blender until very smooth.
5. Season to taste with salt and fresh pepper and serve in a warm soup bowl with crispy artisan bread.

Note: This preparation is very light and healthy due to the addition of increased vegetables along with the asparagus. The parsnips will lend to a very smooth consistency and the cornstarch and milk will decrease the fat content, in place of butter and cream.