



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Garden Fresh Asparagus Soup

from *Eating Well Magazine*

Serves 4

1 tablespoon extra virgin olive oil
1 medium onion, chopped
1/2 teaspoon salt
1 teaspoon curry powder
1/4 teaspoon ground ginger
zest and juice of 1 lemon, divided
2 cups diced and peeled red potatoes
3 cups vegetable or chicken broth
1 cup coconut milk
1 bunch asparagus, trimmed and cut into 1/2-inch pieces
Fresh ground pepper to taste
1/4 cup creme Fraiche or sour cream
1/4 cup finely chopped green onions or chives

Heat oil in a large saucepan over medium heat. Add onion and salt and cook, stirring often, until golden brown, about 5 minutes. Stir in curry, ginger, lemon zest, and potatoes and cook, stirring occasionally for about 5 minutes. Stir in the broth, coconut milk and asparagus. Bring to a simmer over medium heat, partially cover and continue to cook until potatoes are tender, about 15 minutes. Puree the soup until smooth. Whisk creme Fraiche or sour cream, lemon juice, and green onions or chives in a small bowl. Divide the soup into 4 bowls and garnish with the cream mixture.

Be sure to enjoy the first tender asparagus fresh from the garden lightly blanched as a side dish, but as the season progresses and the stalks get larger, this is an excellent soup to prepare. The light lemony flavors blend nicely with a hint of curry.

Creme Fraiche is a tangy, thick, rich cultured cream commonly used in French cooking. Find it in the dairy section near the cottage cheese. Sour cream can be used as a substitute, or you can make your own by combining equal portions of sour cream and plain yogurt.