Asparagus Soup

Lunch/Dinner

Serves: 4

Topping Ingredients:

- 2 Tbsp. Flour
- 1 Tbsp. Oil
- 1 Cup Onion- chopped
- 1 Tbsp Garlic- chopped
- 6 Cups Low Sodium Vegetable Stock
- 2 Bunches Asparagus Chopped
- ½ Cup Yellow Bell Pepper
- ½ Tsp. Dried Thyme
- 2 Bay Leaves- small
- ¼ Tsp. Black Pepper
- Salt -To Taste

Directions:

1. Chop asparagus, onion, bell pepper and garlic to desired size.
2. Put a medium size saucepot over medium heat and add oil.
3. Once oil is hot, add onion and garlic and sauté until translucent.
4. Add peppers and asparagus and let cook for another 2-3 minutes.
5. If the bottom of the pan is starting to brown, add a couple tablespoons of water to loosen and continue to stir.
6. Add flour and coat ingredients, cook for a minute or two so that we cook the starchy flavor out of the flour.
7. Add thyme and bay leaves; stir until evenly distributed, then add the vegetable stock.
8. Bring soup to a boil and reduce to a simmer. Allow to simmer for 25-30 minutes until asparagus begins to soften.
9. Remove from heat and either puree in a blender or use an immersion blender until it reaches the desired consistency.

10. Finish with a little salt and pepper if needed.