

Creamy Broccoli & Asparagus Soup

Doug / Linda Christian

This simple soup is a quick and delicious way to get dinner on the table in less than 30 minutes. Adding potatoes to the soup gives it a "creamy" texture.

SERVING SIZE: 8

INGREDIENTS

1 tablespoon vegetable oil

1/2 yellow onion, chopped

2 garlic cloves, minced

6 cups vegetable or chicken broth, divided

2 spring onions, diced

2 Yukon gold potatoes, peeled and cut into 1-inch pieces

1 bunch asparagus, cut into 1-inch pieces

2 cups chopped broccoli

sour cream

INSTRUCTIONS

In a large pot, heat oil over medium heat. Sauté onion, garlic, asparagus and broccoli until fragrant (about 5 minutes). Cover with broth, add potatoes and bring to a boil.

Reduce heat to medium-low and simmer gently until vegetables are tender, 15 to 20 minutes. Remove pot from heat and set aside to let cool slightly.

Carefully transfer soup to a blender (in batches) and purée until smooth. Ladle soup into bowls, garnish with sour cream and serve.