

CREAM OF ASPARAGUS & SWEET POTATO SOUP

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KITCHEN



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6 – 1 ½ cup servings

INGREDIENTS:

2 tablespoons olive oil
1 cup onion (4 – 4 1/2 ounces), diced
1 1/2 cups fennel bulb (5 ½ - 6 ounces), diced
2 – 2 ¼ cups (10 ounces) sweet potato, diced
1-pound asparagus, cleaned, trimmed, diced
2 teaspoons minced fresh garlic
1 cup white wine or apple cider
1 teaspoon dry mustard
1 teaspoon dried basil
1/2 teaspoon dried parsley

1/4 teaspoon dried dill
1/4 teaspoon dried tarragon
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
6 cups chicken or vegetable stock or broth
1 bay leaf
1 cup half & half, canned coconut milk or
refrigerated almond or oat milk, no added
sugar

DIRECTIONS:

1. In a heavy-bottomed stock pot, heat the oil over medium heat. Add the onion, fennel, sweet potato, and asparagus. Saute until softened, about 5 – 7 minutes.
2. Add the garlic. Continue to saute about 30 seconds more, until garlic is fragrant but not brown.
3. Add the wine or apple cider and deglaze the pan by scraping up the bits on the bottom.
4. Sprinkle the mustard, basil, parsley, dill, tarragon, salt and pepper on top of the sauteed vegetables; stir to coat and cook for 30 seconds longer.
5. Add the stock and bay leaf, bring to low boil, then reduce heat to a gentle simmer. Cover and simmer for 40 – 50 minutes, until asparagus stems are very soft when poked with fork. If not fully soft, add another 5 - 10 minutes of cooking time.
6. Remove pot from heat. Remove the bay leaf and discard. Puree the soup smooth by either transferring to a blender or keeping in stock pot and using hand held immersion blender. Return to stock pot.

7. Stir in the half & half or other milk. Place over medium-low heat, allowing to heat through, about 2 – 3 minutes. (Do not boil.)
8. Serve immediately, or cool, cover and refrigerate for later use. Garnish with your choice of – chopped fennel fronds, trimmed asparagus tips, a drizzle of good quality olive or nut / seed oil, roasted pepitas, or chopped parsley.

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