
Lemony Asparagus Bisque

Total time: 25 min Yield: 4 servings

Ingredients

3 Tbsp olive oil (divided)
1 lb fresh asparagus (washed, chopped, tips reserved)
1/2 cup sweet onion (thinly sliced)
1 tsp garlic (chopped)
1 tsp dried thyme
1 cup canned beans (Cannellini, Navy, Great Northern; rinsed)
1 cup low sodium vegetable broth
2 cup water
1/2 lemon (juiced, zested)
salt
pepper
2 Tbsp fresh herbs (chopped)

Prep Time: 15 min Cooking Time: 10 min Total Time: 25 min

Instructions

Heat 2 tbsp. oil in a medium pot over medium heat. Add the asparagus tips and sauté until crisp tender, about 2 minutes. Remove the asparagus from the pot and set aside.

To the same pot, add the onion and cook until soft and translucent. Add the garlic, thyme, chopped asparagus, beans, broth and water. Bring to a boil then reduce to a simmer and cover. Cook for 5 to 7 minutes. Turn off the heat; stir in the lemon juice, zest and salt and pepper to taste.

Using a blender, puree the soup in 2 batches. Serve hot or cold, garnished with asparagus tips, parsley, lemon zest and a drizzle of olive oil?.

Recipe brought to you by:

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