



Creamy Asparagus Soup

Creamy Asparagus Soup in Mini Teacups Total Time:1 hr 5 minPrep:10 minCook:55 min Yield:12 servingsLevel:Easy

Ingredients

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- 3** tablespoons olive oil
 - 1** large bunch asparagus, ends trimmed, cut into 2-inch pieces
 - 2** stalks celery, chopped
 - 1** large onion, chopped
 - 8** cups vegetable stock
 - 1** bay leaf
 - 1** cup heavy cream
 - Kosher salt and freshly ground black pepper
 - 2** cups fresh baby spinach
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Directions

In a large stockpot, heat the oil over medium heat. Add the asparagus, celery and onion and cook, stirring occasionally, until tender, about 10 minutes. Add the vegetable stock and bay leaf and bring to a boil, then reduce the heat and simmer for 30 minutes. Add the cream and simmer for another 10 minutes. Remove and throw away the bay leaf. Season with salt and pepper.

Add the spinach to the soup and let wilt for about 1 minute. In batches, pour the soup into a blender and blend on high until smooth. (Alternatively, use an immersion blender and puree in the pot.) Stir well before transferring to 12 small teacups and serve hot.

Blending Hot Liquids: When blending hot liquids, remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid; that prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times, then process on high speed until smooth.

Recipe courtesy of Trisha Yearwood

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