

# Cream of Asparagus Soup

While asparagus is still in season, try this version of asparagus soup. Here's a creamy soup that's easy to make. It's finished with just a touch of nutmeg.

A nice green salad and a warm artisan roll finish the meal.

**Preparation time: 2 hours and 40 minutes - Servings: 4**

## Organize Your Ingredients!

### Notes on Organizing

Before you start cooking, prep and organize your ingredients so they're ready to add. Cooking's more fun when you're organized. There are 2 chopped onion preps today: 1-1/2 C. for the soup and 2 T. for the Honey/Mustard Dressing.

### Broth and Tempeh

1/2 Not Chick'n Bouillon cube  
dissolved in 1 C. boiling water  
4 strips smoky tempeh (chopped)

### Cream of Asparagus Soup

1 tsp. olive oil  
1 clove garlic (smashed and chopped)  
1-1/2 C. yellow onion (chopped)  
2/3 C. celery (chopped)  
1 bunch asparagus (washed, stems snapped and discarded and cut into 1" pieces)  
1/2 C. white wine  
1 C. Not Chick'n broth (from above)  
1-1/2 C. low-sodium vegetable broth  
1/2 tsp. dried oregano  
1 bay leaf  
1 C. nonfat milk  
3 T. lemon juice  
1 tsp. ground nutmeg  
4 strips tempeh (see above)  
3 T. unbleached flour  
mixed with  
2/3 C. nonfat milk  
3/4 C. plain, nonfat yogurt

### Salad and Dressing

Fixings for green salad

Honey Mustard Dressing:

1 clove garlic (whole, peeled)  
2 T. yellow onion (chopped)  
2 tsp. prepared mustard  
Pinch of salt  
2 tsp. honey  
2 T. rice wine vinegar  
1/2 C. low-sodium vegetable broth

### Additional Items

Bread or rolls of choice (*warmed*)

Preheat oven to 400°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by dissolving bouillon in boiling water and browning a package of smoky tempeh. Place tempeh strips on a cookie sheet in a 400° oven and bake 5 minutes per side. Remove from oven and let cool. You'll use 4 strips of the tempeh in the soup. Store leftover tempeh in a sealable bag in the fridge.

### Cream of Asparagus Soup

1. Sauté garlic, onion and celery in oil in large, heavy bottomed kettle on medium-high heat until onion becomes translucent.
2. Add chopped asparagus, wine, bouillon broth, veggie broth, oregano and bay leaf. Bring to a boil, reduce heat to medium-low and cook 15 minutes. Let cool for another 15 minutes.
3. Remove bay leaf and place 1/2 soup in a food processor. Blend until smooth. Add a 1/2 C. milk to the mixture as you blend it. Pour blended soup into a separate bowl.
4. Blend the remaining half of the soup in the same way.
5. Return all pureed asparagus mixture to kettle. Stir in lemon juice, nutmeg and chopped tempeh. Return to a boil and thicken with flour/milk roux. As it begins to thicken, reduce heat to low and cook 10-minutes.
6. Remove from heat and let stand until ready to dine.
7. Reheat the soup before serving and stir in yogurt. Once yogurt is added, remove from heat. (Make salads and dressing while soup rests.)

### Warm Rolls and Prep Optional Fruit

Wrap rolls in foil and place in a 200° oven for 10 minutes before serving.

Slice fruit of choice on a separate plate and serve as a finish.

### Salads and Dressing

Make individual green salads on separate plates.

Honey Mustard Dressing:

1. Place garlic and onion in a microwave safe dish and cook 1 minute on high.
2. Allow garlic and onion to cool a couple of minutes.
3. Place all ingredients in a food processor. Let it run for a couple of minutes to create a creamy smooth dressing.
4. Pour into serving container.

### What I've Learned from this Recipe

I use plain, nonfat yogurt in all of my cream sauces. It makes for a healthy, lower-in-fat sauce for creamy soup, and offers a bright and tangy finish to the flavors. Don't bring sauces or soups back to a boil after adding yogurt, it may curdle.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)