

# Cream of Asparagus Soup

Have leftover stems from your asparagus (Like the ones left from the [quiche](#)) ? Here's what to do with them...



## What you need:

- 1  $\frac{1}{2}$  cups cleaned asparagus stems (cut off all the woody ends) and pieces
- 2 cups cold water
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup whipping cream or half and half
- 3 Tablespoons butter

- 2 Tablespoons flour
- $\frac{1}{2}$  teaspoon lemon pepper
- $\frac{1}{2}$  teaspoon garlic salt
- 2 oz. Gouda cheese, chopped into small pieces or grated
- Salt and Pepper to taste
- Sour Cream to garnish

**How to Do it:**

Place the stems, water and  $\frac{1}{2}$  teaspoon of salt into a saucepan and bring to a boil. Reduce heat and simmer until they are soft and tender (slightly over-cooked).



Place asparagus, water and cream into a blender.



Blend on puree.



In a saucepan, melt the butter. Add the lemon pepper and flour and cook until the flour starts to brown slightly. Whisk in the asparagus mixture and the salt. As it starts to

heat, stir in the cheese and cook until the cheese is completely melted.

Add salt and pepper to taste and garnish each bowl with a dollop of sour cream.



Makes 4 cups or 2 bowls



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