

## Asparagus Soup with Pistachio Cream

This soup can be served hot or chilled as you prefer, when asparagus is out of season you can substitute with zucchini. Asparagus is high in glutathione a superstar antioxidant as well as the soluble fiber in the form of inulin which is great for the lower intestine bacteria to flourish thus aiding to digestion. Also, it is rich in B vitamin folate that aids in reducing blood levels of homocysteine.

### Ingredients:

2lb. Asparagus  
3 tablespoons of EVOO  
¼ teaspoon sea salt  
1 small onion, diced  
1 leek white part only chopped  
2 Yukon gold potatoes diced  
1 small shallot, diced  
2 cloves garlic, minced  
6 cups Magic Mineral broth

### Method of preparation:

Preheat oven to 425degrees

Snap off the tough part of the asparagus and place the stalks in a single layer on a large sheet pan covered with parchment paper.

Drizzle the asparagus with 1 tbsp EVOO and ¼ tsp of sea salt.

Roast for about 10 minutes shaking the sheet pan once to turn the asparagus once during roasting.

Reserve the asparagus tips for garnish.

Heat the remaining 2 tablespoons of EVOO in an 8 qt pot over medium heat.

Add the onions, leeks and a pinch of salt.

Sauté for 3 minutes, then add the potatoes, shallots and a pinch of salt.

Stir occasionally to allow potatoes to soften and onions turn golden.

Add the garlic and sauté 30 more seconds.

When the mixture starts to stick to the bottom deglaze with one cup of broth.

Continue to cook reducing the liquid by half.

Add the remaining cups of broth and simmer for 5 minutes.

In batches, purée the soup in a blender, adding first the liquid than the roasted asparagus stalks. Blend until smooth.

If the soup is too thick add more liquid until you reach desired consistency.

Serve in bowls and garnish with pistachio cream, asparagus tips, and freshly grated nutmeg.

Adding fresh mint enhances the flavors.

### Pistachio cream

### Ingredients:

1 cup water

2 teaspoon fresh lemon juice

¼ teaspoon sea salt

1 cup raw shelled pistachios, soaked 1-2 hours (discard soaking water)

In a blender, combine the water, lemon juice, pistachios, and salt.

Blend until smooth and creamy.

Great garnish for soups.