



## Asparagus Soup

### INGREDIENTS

1 lbs of asparagus cut in 2 inch pieces,  
discard the hard end  
2 tablespoon of olive oil or unsalted butter  
1 cup of onion chopped  
2 cloves garlic minced  
2 cups of vegetable broth

½ teaspoon of salt  
To Finish (optional)  
Olive oil  
Black pepper freshly cracked  
Lemon juice  
Sour cream

### METHOD

Start the instant pot in saute mode and let it heat, add the olive oil and onion to the pot and sauté for 2 minutes.

Add the garlic and sauté for another minute.

Add the asparagus pieces and sauté for 3-4 minutes until softened.

Add the veggie broth and salt, and then secure the pressure cooker lid with vent in sealing position cook on high pressure for 5 minutes.

Allow a natural pressure release for 10 minutes. then release the pressure manually.

Use an immersion blender on high speed or transfer the soup to a stand blender, and blend until creamy and smooth.

To finish drizzle olive oil when serving and garnish with freshly ground black pepper. Add a sprinkle of lemon juice if desired to brighten the flavors of the soup. If you like a creamy topping, add a spoonful of sour cream.