

Summer Greens Soup

*Adapted from **Urban Kitchen Apothecary** blog

Ingredients:

- ▷ 1 bunch asparagus, trimmed with stalks removed
- ▷ 16 oz green peas, fresh or frozen
- ▷ 1 medium zucchini, sliced
- ▷ 3 green garlic stalks, sliced bulbs and tender part of stocks (or scallions)
- ▷ 10 sprigs fresh thyme, chopped
- ▷ 3 cups chicken stock
- ▷ 1 tablespoons butter
- ▷ Olive oil
- ▷ Kosher salt and pepper
- ▷ Garlic and onion powder
- ▷ Drizzle of yogurt or cream for garnish
- ▷ Sprinkle of medium crushed pepper (or smoky paprika)
- ▷ Zucchini blossoms, for garnish
- ▷ Chopped chives, for garnish

Preparation:

Preheat oven to 425°. Place asparagus on baking sheet and drizzle olive oil to coat. Season with salt and pepper and garlic and onion powder. Toss to coat. Roast asparagus for 8-10 minutes until just tender and bright green (this will depend on thickness of asparagus). Set aside to cool, and roughly chop into pieces.

In a soup pot, melt butter with another tablespoon of olive oil and sauté green garlic and thyme, with a bit of salt and pepper. Sauté on medium low for about 5 minutes until tender and fragrant. Add zucchini and sauté another few minutes. Add peas and stock, bring to a simmer. Return asparagus to soup.

In a food processor or using an immersion blender, process soup into a purée until smooth and creamy. Add additional liquid if necessary to achieve desired consistency. Season with salt and pepper to taste.

Divide soup in bowls with zucchini blossom in center. Drizzle with yogurt and garnish with freshly chopped chives and red pepper flakes. Serve warm or cold enjoy!

