

Herbed Peas + Asparagus Soup

INGREDIENTS

- 2TBS grass-fed butter
- 3 cloves garlic, chopped
- 1 medium leek, sliced (about 1C)
- 1 medium white sweet potato, chopped (about 2-3C)
- 1/2tsp sea salt
- 1/4tsp black pepper
- 3-4C chicken bone broth
- 1C asparagus, chopped (1-inch of bottoms removed and discarded)
- 1C spinach
- 1C parsley, chopped
- 1-2TBS mint, chopped
- 1-2TBS basil, chopped
- 1C peas (divided into halves)
- Creme fraiche

1. Heat butter in large pot over medium heat. Add garlic and leeks and saute for 1-2 minutes.
2. Add sweet potato, sea salt, and black pepper then saute for another 2-4 minutes stirring occasionally.
3. Add broth, bring to boil, then reduce to simmer for about 10-12 minutes until potatoes are soft (you should be able to easily pierce with a spoon or fork).
4. Once potatoes have softened, add asparagus, spinach, parsley, mint, and basil and mix well.
5. Continue to simmer for another 5-7 minutes until greens become soft then add 1/2C peas and mix well.
6. Blend everything with an immersion blender until smooth.
7. Stir in remaining 1/2C peas and serve garnished with a little creme fraiche.