

## Asparagus Vichyssoise

### INGREDIENTS:

- 1 Tbsp avocado oil
- 1 leek, white part only, cleaned and chopped
- 1 large russet potato, chopped
- 1 pound asparagus, trimmed and cut into 1 inch pieces
- 4 cups water
- 2 sprigs fresh thyme
- 2 sprigs fresh parsley
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp freshly ground pepper
- $\frac{1}{4}$  cup fresh chives, chopped, for garnish

### PREPARATION:

Heat oil over medium heat in a large saucepan. Add leek, cover, and cook 5-7 minutes (stirring occasionally) until softened. Add chopped potato, asparagus, water, thyme, salt, pepper, and parsley sprigs to saucepan. Bring to a boil and cook for 30 minutes (or until potatoes are tender) over medium-low heat. Remove thyme and parsley sprigs, then pour soup in batches into a food processor (or immersion blender) and puree on medium-high to achieve a creamy consistency. Chill well. Garnish with chives before serving.

### NOTES FROM THE COOK:

Entree