Creamy Asparagus Soup



Asparagus is a very healthy foodstuff which contains primarily potassium, phosphorus, sulphur, calcium and magnesium, but also other micro-elements like copper, zinc, iodine and fluorine. Concerning vitamins, it has most vitamin C, almost all B-group vitamins, as well as provitamin A. Asparagus improves the action of heart and kidneys. So, today I want to show you a very delicious and healthy creamy soup.

INGREDIENTS :

500 g of asparagus

1500 ml of vegetable broth

2 spoons of butter

2 – 3 spoons of cider vinegar

8 rosemary needles

1 tea spoon of thyme

400 ml of cooking cream

1 cm of ginger

1 g of pepper

salt

5 g of sugar

2 onions

PREPARATION :

1 . peel the onions and chop them into tiny squares …

2 . wash the asparagus, cut off the lower parts of the top and chop into thin slices …

3 . peel the ginger and cut it into thin slices …

4 . put butter in the pot to get warmed, and cook onion, asparagus and ginger on lower heat …

5 . pour cider vinegar, add sugar and continue cooking for 2 – 3 minutes …

6 . add thyme and rosemary and cook for 1 more minute, then pour vegetable broth over it,

set the heat higher, cover the pot and let boil, after that cook for 10 minutes …

7 . add cooking cream, pepper and salt, according to your taste …

8 . let the soup boil, mix it well with a hand blender and enjoy your creamy soup …





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