

Spring Spinach and Asparagus Soup  
Courtesy of Chris Cirkus  
Market Manager, West Windsor Farms Market  
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Prep Time: 5 minutes

Cook Time: 20 minutes

**Ingredients**

1 tablespoon olive oil

$\frac{3}{4}$  pound asparagus, chopped (woody end removed)

3 shallots, finely sliced

2 cloves garlic, finely chopped

2 large handfuls baby spinach (about 2 cups)

2 to 2-1/2 cups vegetable broth or chicken stock

1 teaspoon salt

$\frac{1}{4}$  teaspoon pepper

Optional: scallions sliced

**Preparation**

Heat oil in a saucepan on medium heat. Add the asparagus, shallots and garlic and cook for about 5-10 minutes, until they begin to soften, being careful not to burn. Add the spinach and stir to combine. Add the broth/stock and bring to a boil.

Either transfer to a blender to puree or use an immersion blender directly in the pan. Season with salt and pepper and add a little water if you need to thin the soup. Sprinkle with scallions and salt and pepper to taste.

*Donna's Notes:* I seasoned the asparagus, shallot and garlic with salt and pepper as they cooked. I also seasoned again when I added the spinach. After pureeing, I added a bit of lemon juice to brighten the flavor of the soup.