

A Sutherland Belle

Creamy Roasted Asparagus Soup

INGREDIENTS

- 2 bunches of asparagus (bottom ends trimmed) cut into 2-inch pieces (about 2 1/2 pounds)
- 4 tablespoons butter, divided
- 2 medium yellow onions, chopped
- 4 cloves garlic, sliced
- 4 1/2 cups chicken stock
- 2 teaspoons [dried mustard](#)
- 1 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 tablespoons fresh dill, plus more for topping
- Zest and juice from one lemon
- 1/2 cup shredded Parmesan cheese, plus more for topping
- 1 cup heavy whipping cream (or 1 cup chicken stock)
- 1/2 cup crème fraîche (optional for thicker soup)
- Thinly sliced scallions (light green only) for garnish

INSTRUCTIONS

1. Heat the oven to 400 degrees.
2. Place the asparagus on a rimmed baking sheet. Toss with salt, pepper, and oil. Roast until they begin to brown (but not burn) and they pierce easily with a fork.
3. Meanwhile, melt the butter in a large pot over medium heat. Add the onions and garlic and cook, stirring frequently, until soft and translucent, about 8 minutes. Do not brown; reduce the heat if necessary.
4. Add the chopped asparagus to the pot with the chicken broth, salt, pepper, dry mustard, and dill. Bring to a boil, then cover and turn the heat to low. Simmer for about 15 minutes, or until the vegetables are very tender.
5. Purée the soup with an immersion blender until completely smooth. (Alternatively, use a standard blender to purée the soup in batches, then return the soup to the pot.) Bring the soup to a simmer and stir in the lemon juice and Parmesan cheese. Once the cheese has melted, stir in the cream. Taste and adjust seasoning, if necessary. To thicken the soup add crème fraîche, allow it to simmer, uncovered, until the desired consistency is reached.
6. Ladle the soup into bowls, then top each bowl with green onions, Parmesan cheese, dill, and freshly cracked black pepper.

Freezing Instructions: The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator and reheat it on the stovetop over medium heat until hot. (The soup will freeze best if you add the cheese when reheating).