



Eat Your Greens Creamless Asparagus Soup

BY NORA MOUNCE

Our bodies emerge from the stormy, dark months of winter with a healthy craving for colorful vegetables in our diets. But spring can throw us for a loop, as many of our favorite foods are still seasonally out of reach. Try whipping up this soup, featuring green spears of asparagus, the darling of spring, sautéed with fragrant garlic and blended with Yukon Gold potatoes for richness. You won't miss the cream!

Ingredients:

2 tablespoons canna-olive oil*
1 leek, white and light green parts only,
thinly sliced and rinsed
1 medium yellow onion, diced
3 garlic cloves, minced
2 medium Yukon Gold potatoes,
peeled and cubed
1 quart organic chicken broth
1 bay leaf
1 pound cleaned asparagus (woody ends
trimmed off, sliced about 1 inch thick)
2 teaspoons fresh lemon juice
Freshly ground pepper
½ teaspoon kosher salt (additional, to taste)

Directions:

1. Heat the canna-olive oil in your largest soup pot over medium heat.
2. Using a wooden spoon and stirring often, add minced garlic and cook for 3 minutes or until strong garlic aroma is released.
3. Add leek, onion and ½ teaspoon salt. Cook for five more minutes, stirring often, until the onion and leek have softened. Add the potatoes, chicken broth and bay leaf. Bring to a boil, reduce the heat, cover and simmer 15 minutes.
4. Add the chopped asparagus and simmer 10 minutes more. Remove from the heat and using a fork, take out bay leaf. With your stick blender (I hope you have one!), puree the soup. Alternatively, ladle the soup into a blender in 1½ cup batches. Return soup to pot when blended. This is a delicate process – be sure not to overfill the blender!
5. Add the 2 teaspoons lemon juice, salt and pepper to taste. Serve with garnish of your choice. Young cannabis leaves are a beautiful touch, and we always recommend clearly labeling your cannabis cuisine! Top with toasted crostini, chopped fresh tarragon or steamed asparagus spears.

*Depending on the potency of your oil, consider subbing 1 Tablespoon regular olive oil to play it THC consumption safe.