

PEA & ASPARAGUS SOUP (makes approximately 5 quarts)

4 tablespoons canola or olive oil

6 garlic cloves, minced

1 cup leek, sliced approx. ¼"

1 fennel bulb, sliced

9 cups vegetable broth

6 cups water

2 bunches asparagus, 1" slices ... can hold back some tops for garnish

2 lbs+ green peas, thawed if using frozen—3 bags

1 bunch fresh parsley, plus more for garnish

good quality extra-virgin olive oil, for drizzling

Heat oil. Add minced garlic, leeks, and fennel. Cook until translucent on medium-low.

Add vegetable broth and water, bring to a boil.

Add asparagus and cook 3 mins. Add peas and cook 4 mins.

Turn off heat. Add parsley.

Puree on high speed until smooth.