Asparagus & Chickpea Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

3/4 lb asparagus spears, trimmed and halved
4 cloves garlic
10 green onions, chopped
4 cups stock, chicken or vegetable, low sodium
15 ounces chickpeas, rinsed and drained
1 cup flat parsley, chipped
3 tablespoons olive oil
1 tablespoon butter
1 teaspoon lemon juice
1 tablespoon pine nuts, toasted and finely chopped
2 tablespoons low fat sour cream, optional

Instructions

1. In a large pot, add olive oil, butter, onions and garlic over medium heat. Let mixture sweat, but do not let the garlic burn.

2. Once the onions have turned translucent, add the stock and chickpeas. Increase heat to medium high allow come to a boil. Add asparagus and cooks until tender but not limp. Add half of parsley and stir until incorporated.

3. With a slotted spoon, scoop solid ingredients into a blender. Pour in half of the remaining broth. Blend until just smooth. Add remaining broth, lemon juice, parsley and pine nuts. Continue to blend. Salt to taste, if necessary.

4. If desired when serving, pipe or swirl sour cream on top of the soup. You may also garnish with parsley.