

Winter Asparagus Soup with Grains

Serves 4-6

Ingredients:

1 bunch asparagus, save the tips
12 peppercorn
1 fresh cayenne pepper (optional)
4 cloves garlic
1" piece of ginger-root sliced in matchsticks about 1/4" long
generous dash of salt or garlic salt (optional)
1/2 cup Quinoa
4 to 6 oz. mushrooms
1/2 tsp. turmeric
1 small bunch greens like kale or spinach, chopped
asparagus tips
scallions/onion as desired
1 packet liquid vegetable broth concentrate
1 cup tomato juice or canned tomatoes
shake of Chili 9000 (Penzeys)

Directions:

Quinoa is cooked much like rice. Cook in 1 cup water for about 20 minutes and serve with soup.

1. Cook asparagus in 5 cups water (if using a pressure cooker, cover asparagus with one and a half inches of water, cook for about 6 minutes) with the peppercorns, cayenne pepper, garlic, ginger and salt/garlic salt.
2. Meanwhile, in a deep pan sauté 4 to 6 oz. sliced mushrooms in whatever medium you prefer.
3. Stir in the turmeric, and then add the asparagus tips, scallions/onion and chopped greens.
4. Mix in the vegetable soup broth and stir well.
5. Add the sautéed vegetable to the cooked vegetables and stir and mash well. Or puree the vegetables and add the sautéed vegetables later for texture.
6. Add the 1 cup tomato juice or canned tomatoes and the chili powder (Chili 9000).
7. Simmer for about 10 minutes. Check for taste, and add more salt or peppers if needed.
8. Serve over freshly cooked quinoa (optional)

