

## **Creamy Vegetable Soup**

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2T olive oil  
1 small onion, chopped  
1 medium carrot, peeled & chopped  
1 stalk celery, chopped  
½ lb asparagus, chopped into 2" lengths  
1 qt chicken stock

2 ears fresh corn  
2C fresh spinach, rough chopped  
½ t fresh ground nutmeg  
½ C cream (if desired)  
Salt & Pepper to taste

Preheat large saucepan over medium heat with olive oil.

Add onions, carrots, and celery. Sweat for 5-7 minutes. Add chicken stock and bring to simmer. Simmer for 10-15 minutes.

While pot is simmering, remove corn kernels from cob. An easy way to do this is place a small bowl, upside down, into a larger bowl. Stand the corn cob on the small bowl and draw your knife down the length of the corncob. The larger bowl will catch the kernels as they fall. (*Make sure you don't slice too deep into the cob - you only want the soft, creamy portion of the kernel.*)

Add the asparagus to the pot and simmer for 2-3 minutes. Once the asparagus is tender, move the soup to a blender, and puree'. (*Do this in batches, if you need to.*) Return the puree' to the pot and add the corn, spinach, nutmeg, and cream. Stir until cream is incorporated into soup and simmer for about 5 more minutes, just until corn & spinach are cooked through.

For extra decadence, serve with a dollop of sour cream.

Yield: 4 servings