

Asparagus Rice Soup with Parmesan

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It's asparagus season and I can't get enough of it.



Asparagus showing up in grocery stores is one of the first signs that spring is on its way—even if the weather says otherwise. This Asparagus Rice with Parmesan soup is inspired by my love for asparagus risotto. It features some of the same comforting ingredients: arborio rice, Parmesan cheese, garlic, and of course, fresh asparagus.

Things to know about this This Asparagus Rice soup with Parmesan

If you don't have arborio rice (a short-grain rice known for its creamy texture), you can easily substitute it with regular white or brown rice. Just make sure to trim the asparagus and remove the tough lower stems. Reserve a few of the tips for garnish—blanch them in the microwave for about a minute for a bright, fresh finish.



I use an immersion blender to puree the soup still leaving it chunky, if you want a smoother, creamer, consistency blend the soup longer.



It's one of those soups you make a big pot of, to reheat or freeze for a quick lunch or it's hearty enough for a light dinner.

It's a kind of a feel good soup, to welcome warming temperatures, and what better way to start looking forward to Spring than a satisfying bowl of goodness, add a simple salad, some crusty bread and you have a simple, quick family meal, serve it in a soup tureen with pretty white soup bowls and now a simple soup is fancy enough for company. If you make this easy, delicious recipe be sure to leave me a comment, and please don't forget to tag me on Instagram that's my favorite part!!!!

Ingredients serves four

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- 1 lb. fresh asparagus cleaned and trimmed
- 1 cup Arborio rice
- 1 medium russet potato, peeled and cubed
- 2 Tbsp. olive oil
- 2 tablespoons butter
- 1 onion, chopped
- 1 tablespoons minced garlic
- 2 to 3 bay leaves
- 2 tablespoons chopped Italian parsley
- 4 cups vegetable stock or a mix of water and stock
- Salt and pepper, to taste
- 1 cup grated Parmesan cheese, plus more for garnish

Instructions

1. Wash the asparagus and trim off the tough bottom ends. Cut the remaining stalks into 2-inch pieces. Reserve a few tips for garnish.
2. In a large soup pot, heat the olive oil and butter over medium heat.
3. Add the chopped onion and garlic. Sauté until soft and fragrant, about 5 minutes.
4. Stir in the cubed potatoes and cook until lightly golden.
5. Pour in the vegetable stock (or water) and add the bay leaves.
6. Add the asparagus pieces (except reserved tips), cover, and simmer for 10 minutes.
7. Remove from heat. Use an immersion blender to puree the soup until smooth.
8. Return the soup to the heat. Stir in the Arborio rice and simmer for 12- 15 minutes, or until the rice is al dente.
9. Stir in the Parmesan cheese and season with salt and pepper to taste.
10. Serve hot, garnished with the reserved asparagus tips, a sprinkle of Parmesan, and a touch of chopped parsley.

Enjoy!

