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# Leek, Asparagus, and Herb Soup

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

## Ingredients

- 1 tablespoon oil, olive, extra virgin
- 2 medium leek(s), trimmed, washed, and finely chopped, (1 1/2 cups)
- 2 clove(s) garlic, minced
- 1/2 pounds potato(es), new, scrubbed and diced, (about 10 cups)
- 2 cup(s) broth, reduced-sodium chicken, or vegetable broth
- 1 pounds asparagus, trimmed and cut into 1/2-inch pieces, (1 1/2 - 2 cups)
- 2/3 cup(s) peas, snow, or sugar snap peas, stemmed and cut into 1/2-inch dice
- 3 tablespoon chives, fresh, chopped, divided
- 2 tablespoon parsley, flat-leaf, chopped
- 1 tablespoon dill weed, fresh, chopped
- 2 teaspoon chervil, fresh, chopped, plus sprigs for garnish, (or flat-leaf parsley)
- 2 cup(s) milk, lowfat (1%)
- 1 tablespoon lemon juice
- 1/4 teaspoon salt, or to taste
- pepper, black ground, to taste
- 1/3 cup(s) yogurt, low-fat plain, for garnish

## Preparation

1. Heat oil in a large saucepan over medium-low heat. Add leeks and cook, stirring often, until softened but not browned, about 5 minutes. Add garlic and cook, stirring, for 1 minute.
2. Add potatoes and broth; bring to a simmer over medium-high heat. Cover and reduce heat to medium-low. Simmer, stirring occasionally, until the potatoes are tender, 10 to 15 minutes.
3. Increase heat to medium-high and stir in asparagus and peas; simmer, covered, stirring 2 or 3 times, until just tender, 3 to 4 minutes. Remove from heat; stir in 1 tablespoon chives, parsley, dill and chopped chervil (or parsley). Transfer the soup to a blender and blend until smooth. (Use caution when pureeing hot liquids.)
4. Return the soup to the pan. Add milk and bring to just below a simmer, stirring, over medium heat. Stir in lemon juice, salt and pepper. Ladle into soup bowls. Garnish each serving with a dollop of yogurt, a sprinkling of the remaining chopped chives and a sprig of chervil (or parsley).