



Nutrition Facts	
Per serving	
Calories 150	%DV*
Fat 7g	9%
Saturated 4.5g	23%
+ Trans 0g	
Carbohydrates 15g	
Fibre 0g	0%
Sugars 5g	5%
Protein 7g	
Cholesterol 20mg	
Sodium 110mg	5%
Potassium 397mg	8%
Calcium 148mg	10%
Iron 1mg	6%

*5% or less is a little, 15% or more is a lot
1% milk used in analysis

Cream of Asparagus Soup

Cream soups are made with three basic ingredients – the vegetable base, a thickener and milk or cream. The asparagus in this cream of asparagus soup also contains tannins. How are principles of protein cooking applied in this recipe? Why is salt added at the end?

Prep time: 10 minutes

Cooking time: 20 minutes

Yields: 6 servings

Ingredients

- 1 lb (450 g) fresh asparagus
- 2 cups (500 ml) low sodium chicken broth or water
- 1 small onion, finely chopped
- 3 tbsp (45 ml) butter
- 3 tbsp (45 ml) all-purpose flour
- 2 cups (500 ml) milk
- Salt and pepper to taste

Instructions

1. Discard the white part of asparagus stalks. Rinse well in cold water. Cut into 1-inch (3 cm) pieces.
2. Place in saucepan with water or chicken stock. Add onion, cover and bring to a boil. Cook until asparagus is tender, about 7 to 10 minutes. Reserve a few tips for garnish.
3. Purée soup in blender or food processor.
4. Melt butter in saucepan. Then, stir in flour and cook until smooth and bubbly.
5. Add milk and seasonings then cook, stirring constantly until sauce thickens and comes to a boil. Add asparagus purée. Adjust seasoning to taste.
6. Serve hot or cold, garnished with reserved asparagus.

Adapted from Dairy Goodness *Cream of Asparagus Soup*