



## Cream of Asparagus

### *Serves four*

2 pounds fresh asparagus – tips removed, bottoms trimmed  
1 white onion – chopped  
1 TBS butter  
6 cups chicken or low sodium vegetable stock  
Pinch of nutmeg  
½ cup whole milk  
1 tsp. salt  
1 tsp. white pepper

Cut the stalks of the asparagus in thirds. Place the tips in a steamer and steam until tender. Set them aside for garnishing your soup.

Melt the butter in a pot and add the onion. Cook for 5 to 6 minutes until softened and translucent. Add the cut asparagus and sauté for 3 to 4 minutes. Add the stock. Simmer for about 15 minutes until the asparagus is cooked through and tender.

If you have an immersion blender, use it now and blend the soup until creamy. If you do not, wait for the soup to cool down and blend it. Hot liquids can explode through the blender lid so be careful when dealing with them.

Return the soup to the pot and add the nutmeg and cream. Add salt and pepper to taste. Heat soup through and serve garnished with the steamed tips. Enjoy!

CALORIES 162.86; FAT 5.065 grs (sat 3.34; mono 1.06; poly 0.26); PROTEIN 12.73 grs; FIBER 5.92 grs; CARBS 20.22 grs; CHOLESTEROL 18.88 mg; IRON 5.23 mg; SODIUM 821.70 mg; CALCIUM 108.91 mg