

Cream of Asparagus Soup II

Doris Malm

The Pennsylvania State Grange Cookbook (1992) Spinach Squares

Servings: 6

4 cups 1/2-inch asparagus pieces

1 cup water

1/4 cup green onions, finely chopped

5 tablespoons butter

5 tablespoons flour

1/2 teaspoon salt

1/4 teaspoon white pepper

4 cups milk

1 cup water

1 tablespoon chicken bouillon

In a saucepan, cook the asparagus in one cup of water until tender. Drain, reserving the cooking liquid.

In a saucepan, saute' the green onions until tender. Stir in the flour, salt and pepper. Cook over medium heat for 1 minute, stirring constantly. Gradually stir in the milk, one cup of water, the reserved cooking liquid and the bouillon. Cook until thickened, stirring constantly.

Stir in the asparagus. Cook until heated through.

Per Serving (excluding unknown items): 210 Calories; 15g Fat (63.9% calories from fat); 6g Protein; 13g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 374mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.