
Asparagus with Cream Cheese Soup

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

1 package (10 ounce) frozen asparagus, cut into one-inch pieces

4 cups regular strength chicken broth

salt

2 to 3 ounce package cream cheese

In a saucepan, combine the asparagus and the broth. Bring to a boil. Simmer gently for 10 minutes.

Add salt to taste. Cut the cream cheese into 1/2 inch cubes. Place the cubes in each soup bowl.

Pour the hot asparagus and broth over the cream cheese and serve.

(This is an unusual and tasty first course soup.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 278 Calories; 27g Fat (85.4% calories from fat); 7g Protein; 3g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 231mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 5 Fat.