

Chicken Asparagus Soup

Taste of Home April 2008

Servings: 10

2 pounds thin fresh asparagus
2 large potatoes, peeled and diced
1 large onion, chopped
2 celery ribs, chopped
1 medium carrot, chopped
2 teaspoons dried parsley flakes
1 garlic clove, minced
2 tablespoons vegetable oil
2 cans (14 1/2 oz) chicken broth
1 teaspoon salt
1/2 teaspoon pepper, divided
1 bay leaf
2 cups cooked chicken, cubed
2 cups half-and-half cream
shaved Parmesan cheese (optional)

Cut tips from asparagus spears; set aside. Place stalks in a large skillet; cover with water. Bring to a boil. Reduce heat; cover and simmer for 40 minutes. Strain, reserving 4 cups cooking liquid. Discard stalks.

In a Dutch oven, Saute' the potatoes, onion, celery, carrot, parsley and garlic in oil until vegetables are tender. Stir in the broth, salt, 1/4 teaspoon pepper, bay leaf and reserved cooking liquid. Bring to a boil. Reduce heat, simmer, uncovered for 30 minutes. Discard bay leaf. Cool slightly.

In a blender, cover and puree' soup in batches until smooth. Return to the pan. Add the chicken, cream, remaining pepper and reserved asparagus tips. Bring to a boil. Reduce heat, simmer, uncovered for five minutes or until asparagus is tender. Garnish with Parmesan cheese, if desired.

Yield: 2 quarts

Per Serving (excluding unknown items): 109 Calories; 4g Fat (36.2% calories from fat); 10g Protein; 7g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 399mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.