

Fresh Asparagus Soup

Loisanne Sykes

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Yield: 4 cups

*1 pound fresh asparagus,
chopped
1/2 cup chopped fresh
onion, 1/2" cubes
1 can (13-1/2 ounce)
chicken broth
2 tablespoons butter or
margarine
2 tablespoons flour
1 teaspoon salt
few grains pepper
1 cup milk
1/2 cup sour cream
1 teaspoon fresh lemon
juice*

In a covered saucepan, cook the asparagus with the onion and 1/2 cup of chicken broth for 8 to 10 minutes or until the asparagus is just tender. Press through a food mill or blend in an electric blender until smooth.

In a saucepan, melt the butter. Blend in the flour, salt and pepper. Stir in the remaining chicken broth. Cook over medium heat, stirring constantly, until the mixture reaches a boiling point.

Stir in the asparagus puree' and milk. Stir a little hot mixture into the sour cream. Stir into the hot mixture. Add the lemon juice.

Heat just to serving temperature, stirring frequently.

Serve with a sprinkling of fresh chives as desired.

Per Serving (excluding unknown items): 801 Calories; 58g Fat (62.2% calories from fat); 29g Protein; 50g Carbohydrate; 10g Dietary Fiber; 146mg Cholesterol; 3319mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 4 Vegetable; 0 Fruit; 1 1/2 Non-Fat Milk; 11 Fat.