

## **Spring Soup**

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**1 medium onion, chopped**  
**1 tablespoon butter**  
**1 1/2 pounds asparagus, coarsely chopped**  
**1 3/4 cups chicken broth**  
**1 cup water**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**1/4 cup half-and-half**  
**salt and pepper (to taste)**

In a skillet over medium heat, saute' the onion in butter until soft.

Add the asparagus and cook for 6 minutes.

Add the chicken broth, water, salt and pepper. Simmer, covered, for 10 minutes or until the asparagus is soft.

Puree' in batches in a blender.

Pour the mixture into a saucepan. Stir in the half-and-half. Heat. Season with salt and pepper to taste.

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Per Serving (excluding unknown items): 295 Calories; 15g Fat (42.0% calories from fat); 18g Protein; 28g Carbohydrate; 10g Dietary Fiber; 31mg Cholesterol; 2536mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 5 Vegetable; 2 1/2 Fat.