

Tangy Asparagus Soup

Taste of Home

Servings: 7

Preparation Time: 40 minutes

Start to Finish Time: 55 minutes

Cook time: 15 minutes

1/4 cup butter

1 cup shallots, sliced

2 pounds fresh asparagus, cut into 1-inch pieces

2 1/2 cups chicken broth

1/2 cup white wine or additional chicken broth

2 teaspoons ground coriander

1/4 teaspoon pepper

1 cup Parmesan cheese, shredded

1/4 cup sour cream

1/2 teaspoon lemon juice

1/4 teaspoon grated lemon peel

In a large skillet over medium heat, melt butter. Add shallots; cook and stir until tender. Add asparagus; cook 1 minute longer. Stir in the broth, wine and coriander. Bring to a boil. Reduce heat; cover and simmer for 3 to 6 minutes or until asparagus is tender. Do not drain. Cool slightly. Place in blender; cover and process until pureed. Stir in pepper. Keep warm.

To make cheese crisps, heat a lightly greased small skillet over medium heat. Add about 2 tablespoons of cheese; cook for 1 to 2 minutes or until golden brown and cheese is bubbly. Carefully flip the parmesan crisp; cook 30 seconds longer. Remove to waxed paper to cool. Repeat.

In a small bowl, combine the sour cream, lemon juice and lemon peel.

Ladle soup into cups; dollop with sour cream mixture. Serve with Parmesan cheese crisps.

Per Serving (excluding unknown items): 190 Calories; 13g Fat (56.7% calories from fat); 10g Protein; 11g Carbohydrate; 3g Dietary Fiber; 30mg Cholesterol; 562mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.