

Creamy Asparagus Soup

Serves: 4

Ingredients

1 Tbsp fat-free, low-sodium chicken broth	10-oz package frozen asparagus spears, thawed
1 small onion, chopped	¼ cup uncooked rice
1 medium rib of celery, chopped	Dash of white pepper
4 cups fat-free, low-sodium chicken broth	Dash of ground nutmeg

Directions:

In a large sauce pan, heat 1 Tbsp broth over medium high heat. Cook the onion and celery for 2-3 minutes, or until the onion is soft, stirring occasionally.

Stir in 4 cups broth. Increase the heat to high and bring to a boil.

Meanwhile, trim the tips off the asparagus and set aside. Cut the stalks into 1-inch pieces.

When the broth is boiling, stir in the asparagus pieces (not the tips) and rice. Reduce the heat and simmer, covered, for 15 minutes, or until the rice is tender.

In a food processor or blender, process the broth mixture until completely smooth. Return to pan. Stir in the asparagus tips, pepper and nutmeg. Heat until warmed through.

Per serving:

76 calories, 0g total fat (0g saturated fat), 0mg Cholesterol, 45mg Sodium, 15g carbohydrates, 2g fiber, 3g Sugar, 5g protein.