

Creamy Asparagus Soup



INGREDIENTS

- 1 lb. asparagus spear, trimmed and cut into 2-inch pieces
- 2 medium potatoes, diced
- 1 onion, diced
- 2 tsp. unsalted butter or oil
 - *use oil
- 2 cups low sodium chicken broth (fresh or canned)
 - *substitute with vegetable broth
- 1 tsp. fresh thyme leaves, chopped or ¼ tsp. dried thyme
- 1 dash hot sauce
- Salt and pepper
- Sour cream & chives for topping, optional
 - *omit sour cream



DIRECTIONS

1. Melt butter (or heat oil) in a large pot over medium heat. Add onions and cook until softened, about 2 minutes.
2. Add all other ingredients (except chives and sour cream) into the pot. Add a little water if needed. Cook over medium heat for about 30 minutes until the asparagus and potatoes are fork tender.
3. Transfer the mixture into your blender and blend until smooth. You will likely need to blend in several batches.
4. Serve topped with sour cream and chives.

NUTRITION FACTS

6 servings
 Calories: 103
 Fat: 2 g
 Sodium: 265 mg
 Total Carbohydrate: 18 g
 Dietary fiber: 3 g
 Protein: 5 g