

Asparagus Super Soup

Totals for entire recipe of soup:

Calories 175 Fat 0g Fiber 8g Carbs 29g

What you'll need:

- 1 T powdered instant chicken broth (I like Maggi)
- ½ tsp Creole seasoning
- ½ tsp Garlic salt
- ½ tsp Lawry's season salt
- ½ Onion chopped
- 1 T chopped garlic
- 2 Cans long stem asparagus

A blender

A medium sized saucepan

Now let's get to cookin'!

1. Bring 1/3 cup water in a saucepan to a boil.
2. Add chicken broth and seasonings. (This smells GREAT!!!!!!!!!!)
3. Add onion and garlic and cook until slightly clear.
4. While this is cooking, open both cans of asparagus and pour all of the contents, including the liquid, into you blender. Using a very low speed, blend the asparagus until creamy but don't over do this.
5. Pour the creamed asparagus over the sautéed onion and garlic, stir and let it simmer for ten minutes or until piping hot.

Suggestions:

Depending on your weight loss or maintenance plan, you can decide if this soup is good to go as is OR if you'd like to add anything. BUT make sure you count what you add and your portion and figure out your calories, fat, carbs and fiber.

This soups is wonderful if you add

1. Fat free sausage chucks (pre-cooked of course)
2. Fat free shredded cheddar cheese, sprinkled on top
3. Chopped up cabbage or cauliflower (If you're really hungry this is great for bulk and just trust me on the cabbage and cauliflower, it tastes like a million bucks. You'd sauté it with the onions and garlic at the beginning.)
4. A can of small shrimp (or fresh shrimp – but they need to already be cooked)
5. Precooked grilled chicken chunks (the canned chicken isn't so great in this because it's too flaky – but if that's all you have then it's O.K.)

Wanting to have large portions of delicious food inspired this
Kitty's Lighter Weigh recipe!