

Asparagus Soup

Lunch/Dinner



Serves: 4

Topping Ingredients:

- 2 Tbsp. Flour
- 1 Tbsp. Oil
- 1 Cup Onion- chopped
- 1 Tbsp Garlic- chopped
- 6 Cups Low Sodium Vegetable Stock
- 2 Bunches Asparagus Chopped
- ½ Cup Yellow Bell Pepper
- ½ Tsp. Dried Thyme
- 2 Bay Leaves- small
- ¼ Tsp. Black Pepper
- Salt -To Taste

Directions:

1. Chop asparagus, onion, bell pepper and garlic to desired size.
2. Put a medium size saucepot over medium heat and add oil.
3. Once oil is hot, add onion and garlic and sauté until translucent.
4. Add peppers and asparagus and let cook for another 2-3 minutes.
5. If the bottom of the pan is starting to brown, add a couple tablespoons of water to loosen and continue to stir.
6. Add flour and coat ingredients, cook for a minute or two so that we cook the starchy flavor out of the flour.
7. Add thyme and bay leaves; stir until evenly distributed, then add the vegetable stock.
8. Bring soup to a boil and reduce to a simmer. Allow to simmer for 25-30 minutes until asparagus begins to soften.

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9. Remove from heat and either puree in a blender or use an immersion blender until it reaches the desired consistency.
10. Finish with a little salt and pepper if needed.

Nutrition Facts	
servings per container	
Serving size	(535g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 3mg	15%
Potassium 311mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

