

Fresh Asparagus Soup

Printed from Asparagus Recipes at <http://www.asparagusrecipes.net/>

A lighter version of the traditional creamy asparagus soup, this recipe gets its cream from low-fat yogurt. You won't even notice the absence of butter, cream, or flour!

Ingredients:

$\frac{3}{4}$ pound asparagus, thick ends removed, cut into 1-inch pieces
1 $\frac{1}{2}$ cups chicken broth
2 tablespoons plain low-fat yogurt
 $\frac{1}{4}$ teaspoon salt
Pinch black pepper
Pinch cayenne pepper

Directions:

1. Bring a large pot of water to a boil. Add asparagus and cook until tender, 3 to 5 minutes. Remove and drain. Reserve 2 cups cooking liquid.
2. Transfer cooking liquid and asparagus to a food processor and puree until smooth.
3. Combine asparagus puree with chicken broth in a medium stockpot and heat over medium until warm. Stir in yogurt, salt, pepper, and cayenne and serve.