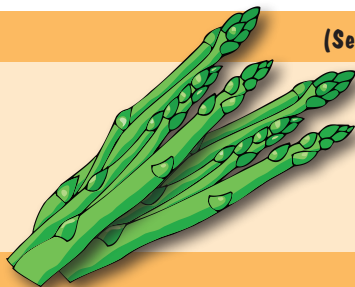


Easy Asparagus Soup

Ingredients:

- 1 - 15 ounce can asparagus
- 1 - 14.5 ounce can chicken broth
- 1/2 cup non-fat or 1% milk (optional)
- Salt and pepper to taste

(Serves 4)



Directions:

- 1 Blend the asparagus (along with the liquid from the can) in a blender until it is completely smooth.
- 2 Heat asparagus and the chicken broth in a saucepan over medium heat.
- 3 Stir in 1% or non-fat milk (if you are using it) and bring to a simmer.
- 4 Add salt and pepper, to taste.
- 5 Serve and enjoy!



Child Health Initiative for Lifelong Eating & Exercise