

## Asparagus Soup

Makes 1 serving  
(1 vegetable)

5 grams protein

0.5 gram fat

95 calories

### Ingredients

- 1½ cups asparagus, chopped
- 2 cups chicken broth or vegetable broth (or substitute 1 cup water for 1 cup broth)
- 2 tablespoons Bragg's liquid aminos
- 2 tablespoons onion, chopped
- ¼ teaspoon thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 bay leaf
- 1 tablespoon milk (optional)
- Sea salt and pepper to taste
- Old Bay seasoning to taste

### PHASE 3 MODIFICATION:

Sauté the onion in a little butter, add sliced mushrooms, cheddar cheese and cream or half and half to the soup.

### Directions

1. Trim asparagus to remove the tough ends of the stalk and steam until soft.
2. Puree asparagus with broth and spices in a blender or food processor.
3. Heat soup in a saucepan and enjoy.
4. Add 100 grams diced chicken if desired.
5. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish.