

- RECIPES -

From the *Australian Healthy Cooking Guide*
www.milhamdietitians.com

Quick Cream of Asparagus Soup

Serves 2

INGREDIENTS

1 chicken stock cube
1 cup boiled water
400g can asparagus tips
40ml light evaporated skim milk
salt and pepper to taste
4 tablespoons chopped parsley

DIRECTIONS

1. Prepare the chicken stock by dissolving 1 chicken stock cube in the boiled water and stir well to ensure all the stock cube is dissolved.
2. Put the chicken stock and asparagus tips into a blender and blend until smooth.
3. Reheat the soup in a pan and stir through the light evaporated milk to add a creamier flavour. Season with salt and pepper.
4. Serve in a bowl garnished with parsley.

PER SERVE

KJ (cal) 271 (65)

Fat 0.4g

Saturated Fat 0g

Carbohydrate 7.6g

Protein 3.5g

Sodium 419mg

Fibre 5.2g

chooz to looz Program

1 serve = Free soups



The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store www.milhamdietitians.com and all good bookshops Australia wide

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