

CREAMY ASPARAGUS SOUP

Serves: 6 Cups

Serving size: 1 Cup

WW points: 1 pt

Ingredients

1 Can Asparagus

2 Cups Fat Free Milk

2 1/2 Cups Water

1/2 Medium Onions (Sliced)

2 Cloves Garlic (crushed)

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1 tsp Olive Oil

Salt and pepper to taste

Instructions

- 1.Heat oil in a pot, add onion, garlic, and cloves. Sauté for 1 min.
- 2.Add Asparagus, milk, and water. Simmer for 5 min.
- 3.Purée in blender in batches or use immersion blender.
- 4.Add salt and pepper to taste.