

Spring Asparagus Soup

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-asparagus-soup-recipe-chinese>

Ingredients:

- 2 pounds asparagus
- 1 shallot sliced thin
- 2 cloves garlic minced
- 5 cups vegetable stock
- 2 cups water
- 1/4 cup parsley finely chopped
- 3 tablespoons apple butter 1 tablespoon softened
- 1 tablespoon olive oil
- 4 eggs
- 2 green onions roughly chopped
- 2 celery ribs diced
- 1 carrot diced
- 2 Yukon Gold potatoes peeled and cut into 1-inch pieces
- 3 tablespoons parmigiano reggiano cheese shredded
- salt
- pepper
- 1/2 teaspoon cayenne pepper
- 1 1/2 tablespoons fresh squeezed lemon juice
- 4 slices baguette cut on the bias inch thick
- hot sauce for topping

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 215 milligrams
4. Fat: 11 grams
5. Fiber: 11 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams

8. Sodium: 2040 milligrams

9. Sugar: 16 grams

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