SOUP CREAM OF ASPARAGUS.

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Preparation Time; 20 Minutes   Cooking Time; 30 Minutes.

This Recipe will yield 4 to 6 Portions for Adults.

Step # 1 – DRY SPICES PREPARATION.

4   Table Spoon of Chicken Base Powder. (Low in Salt)

¼   Tea Spoon of Lemon Pepper.

½   Tea Spoon of Salt.

2   Pinch of Savory.

2   Pinch of Sage.

4   Pinch of Thyme.

1   Tea Spoon of Garlic Powder.

¼   Tea Spoon of Onion Salt.

1   Table Spoon of Cilantro Leaves (In Flakes)

1   Pinch of Celery Salt.

1   Pinch of Basil.

Prepare all the above in a small dry container and put aside for now.

Step # 2 – THICKENING AGENT

½   Cup of white all purpose flour.

¾   Cup of Water.

Pre mix the flour and the water above and put aside for now. This will be used later to thicken the Soup.

Step # 3 – SOUP PREPARATION.
In a 4 quart cooking Pot.

12   Baby Carrots. (Finely chopped)

3   Cups of Water.

1 ½   Cups of Low fat Cream.

1   Bunch of Asparagus.
           (About 15 of Medium size)

Insert the Dry Spices preparation from step # 1

Wash all Asparagus and <u>cut in three equal parts.</u>

1-<u>Use all the ends of the tough parts</u> of the Asparagus and cut smaller and put in a blender **<u>with 1/4 cup of Peanut Oil and 1 Cup of Water</u>** and then put in the soup.

2-<u>All the middle parts of the Asparagus</u> cut in very small pieces and put in the cooking Pot.

3-<u>All the tender tips of the end of the Asparagus</u> cut again in 3 equal parts **<u>and put aside for now</u>** and put in the soup only at the last 10 Minutes of cooking.

Simmer all the above for 20 Minutes at Low heat and stir at times.

      After 20 minutes mix again the Thickening agent you prepared in step # 2 and strain before pouring into the soup. Pour in slowly while stirring the Soup, then add the Soft tips of the Asparagus and let Simmer the Soup at low heat for another 10 minutes.

After the 10 Minutes, remove the soup from the stove and put on a cold surface.

The Soup is now ready to be served. Stir well before each pouring.

BON APPÉTIT