

# Asparagus-Basil Soup

**Yield:** about 24 (8 oz) servings

*Puree this soup to desired thickness.*

| Ingredients                                       | Measure             |  | Nutrition per Serving |     |
|---|---------------------|--|-----------------------|-----|
|   | 24 - 8 oz           |  |                       |     |
| Olive oil   | 1 ½ oz (3 Tbsp)     |  | Calories              | 70  |
| Chopped onions                                    | 2 ¼ lb (1¼ quarts)  |  | Total Fat g           | 2   |
| Water   | 1 gallon            |  | Saturated Fat g       | 0   |
| <b>Med-Diet® Low Sodium Chicken Soup Base</b>     | 4 oz (2/3 cup)      |  | Cholesterol mg        | 0   |
| <b>Top Kick™ Sodium Free Herb Blend Seasoning</b> | 2 Tbsp              |  | Sodium mg             | 220 |
| White pepper                                      | to taste            |  | Carbohydrate g        | 10  |
| Cut-up fresh or frozen* asparagus                 | 4 ½ lb (3 ¾ quarts) |  | Fiber g               | 2   |
| Chopped fresh basil leaves                        | ½ oz ( 1/3cup)      |  | Sugar g               | 2   |
|   |                     |  | Protein g             | 2   |

## Preparation

1. In stockpot, heat oil. Add onions; sauté until softened.
2. Add water, soup base, herb seasoning and white pepper to stockpot; whisk until blended. Cover pot; bring to a boil. Reduce heat; add asparagus. Simmer 10 to 15 minutes or until asparagus is just tender enough to puree. (\*If using frozen, this will take only about 5 minutes.)
3. Using immersion blender, puree soup until blended. Stir in basil. Cook until flavors are blended and soup is 165°F.

## Product Information

| Product                                    | Case Pack   | Yield    | Product Code |
|--|-------------|----------|--------------|
| Med-Diet® Low Sodium Chicken Soup Base     | 6 – 16 oz   | 37.5 gal | 2192508      |
| Top Kick™ Sodium Free Herb Blend Seasoning | 12 – 1.9 oz | 1620     | 8714950      |