



Cuisine Santé Asparagus Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

- 2 oz Vidalia onions, diced
- ½ lb Asparagus, chopped
- 2 oz Extra Virgin Olive Oil
- 1 qt Water, boiling
- 1 oz HACO-Swiss Cuisine Santé Chicken Stock
- 1 cup Heavy cream or Soy milk or Lactose free milk
- 4 oz HACO-Swiss Cuisine Santé White Roux
- ½ lb Asparagus, blanched cut tips for garnish

Preparation

Sauté diced onions and asparagus in Extra Virgin Olive Oil on medium heat until golden brown. Boil 1 qt of water and add the Cuisine Santé Chicken Stock and let simmer. Incorporate the desired cream or milk and the Cuisine Santé White Roux and simmer 5 - 10 minutes while stirring occasionally. Let the soup sit for 30 minutes.

Setting

Garnish with asparagus tips.

Specialty Ingredients

- #723 HACO-Swiss Cuisine Santé Chicken Stock
- #730 HACO-Swiss Cuisine Santé White Roux
- Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (227g)	Total Fat 22g	35%	Total Carb. 16g
Servings 6	Sat. Fat 12g	60%	Fiber 1g	6%
Calories 255	Trans fats 0g		Sugars 2g	
Fat Cal. 200	Cholest. 20mg	8%	Protein 3g	
	Sodium 401mg	15%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 8%	Calcium 4%	Iron 8%