

Creamy Potato and Asparagus Soup

(Converted to lacto-vegetarian...from *Better Homes and Gardens*
(Sept 2010)

- 1 large bunch of asparagus (1 ¼ (~ 20 oz) pound trimmed)
- 1 ¼ pound (~ 20 oz) potatoes, peeled, and chopped (I think it would be interesting to leave the skins on though)
- 1 12-oz can evaporated skim milk
- 6 slices fake bacon, or 6 Tbsp Bacos™.
- 1 Tbsp honey or alternative sweetener

Optional- Shredded lemon peel, Italian (flat-leaf) parsley, coarse salt, and or freshly ground pepper

1. Reserve about 1/3 of the asparagus. Combine remaining asparagus, the potatoes, evaporated milk, ½ tsp optional salt, ½ tsp optional black pepper, and 1 ¼ cups water in saucepan. Bring to boil, reduce heat. Simmer covered for about 10 minutes or until potatoes are tender. Cool slightly. In a blender or food processor, blend or process soup, half at a time until smooth.
2. Meanwhile, in a skillet, sauté remaining asparagus until crisp tender.
3. Place fake bacon on microwave safe plate, heat to directions then drizzle with honey or alternative sweetener and heat up for 15 seconds, just before serving.

To serve, ladle soup into bowls and top with asparagus, “bacon” and desired toppings. Serves 4, about 1 ¼-1 ½ cup servings

Nutritional Analysis

Calories: ~ 200

Protein ~ 14 grams

Carbs: 43 grams

Fat: <5 grams

Fiber 4 grams

Exchange system count as 1 milk + 2 starch + 1 veggie, or 1 protein + 3 starches + 1 veggie

