

# Recipe for

## ASPARAGUS SOUP

EQUIPMENT NEEDED Cutting board, knife, large stock pot

SERVES 8 ESTIMATED COST \$4.35 COST PER SERVING \$1.09

### INGREDIENTS

- 6 cups chicken or vegetable broth
- 2/3 cup uncooked elbow macaroni
- 1 large carrot, diced
- 1 1/2 cup asparagus, woody ends removed, chopped in bite sized pieces
- 1 cup green peas (fresh, frozen, or canned)
- 1/3 cup green onions, sliced
- 1/3 cup fresh parsley or dill, chopped
- 2 tbsp lemon juice
- 1/4 tsp sea salt
- ground black pepper, to taste
- 3-4 dashes hot sauce, optional, or to taste
- 2 cups cooked chicken breast, shredded

### METHOD OF PREPARATION

1. Add broth to a large pot and bring to a boil over high heat.
2. Add macaroni and carrots. Boil for about 7 minutes.
3. Add the asparagus and peas and boil until pasta and vegetables are tender, about 3-5 more minutes.
4. Turn heat to low. Add green onions, parsley, lemon juice, salt, pepper, hot sauce, and chicken. Stir well. Taste and adjust seasoning..
5. Enjoy!

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### NUTRITION INFORMATION

Asparagus Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	106.4 kcal	5 %
<b>Total Fat</b>	1 g	2 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	22.1 mg	7 %
<b>Sodium</b>	225.9 mg	9 %
<b>Total Carbohydrate</b>	13.4 g	4 %
Dietary Fiber	2.2 g	9 %
Sugars	2.3 g	
<b>Protein</b>	11.2 g	22 %
Vitamin A	8 % • Vitamin C	17 %
Calcium	5 % • Iron	8 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### HEALTH BENEFITS

**Asparagus** – rich source of antioxidants. It is high in the flavonoids quercetin, isorhamnetin and kaempferol which can help lower blood pressure and protect against inflammation and cancer.



### HEALTH BENEFITS

**Dill** – good source of manganese which supports brain health, metabolism, and the functioning of the nervous system. It also contains many flavonoids which have high antioxidant and anti-inflammatory properties shown to improve heart health.

#### References:

1. Recipe provided by Reanetta Perkins

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