

CREAMY ASPARAGUS-POTATO SOUP

No cream needed to make this fast asparagus soup deliciously creamy—just a potato! Make a double or triple batch and freeze the leftovers in single-serving containers; you'll have a soothing meal ready on days when your tummy needs something gentle.

- 1 tablespoon extra-virgin olive oil plus 1½ tablespoons, divided
- 1 medium shallot, chopped
- 3 cups low-sodium vegetable broth or (for nonvegetarian) chicken broth
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1 cup diced peeled potato
- 2 teaspoons prepared horseradish, or to taste
- ¼ teaspoon salt
- 1 cup whole-wheat country bread cubes (¼-inch)
Sliced scallion greens for garnish

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add shallot and cook, stirring, until softened, 2 to 3 minutes. Add broth, asparagus, potato, horseradish and salt; bring to a boil. Reduce heat and simmer until the vegetables are tender, about 15 minutes. Puree with an immersion blender or in a regular blender. (Use caution when pureeing hot liquids.)
2. Meanwhile, heat the remaining 1½ tablespoons oil in a large skillet over medium-high heat. Reduce heat to medium, add bread cubes and cook, stirring, until browned and crispy, 3 to 5 minutes.
3. Serve the soup topped with the croutons and scallions, if desired.

SERVES 4: 1 CUP SOUP & ABOUT 2 TBSP. CROUTONS EACH

Calories 190, **Fat** 10g (sat 1g), **Cholesterol** 0mg, **Carbs** 22g, **Total sugars** 4g (added 1g), **Protein** 5g, **Fiber** 5g, **Sodium** 338mg, **Potassium** 428mg.

ACTIVE: 20 MINUTES

TOTAL: 30 MINUTES

 SORE MOUTH OR THROAT

 DIARRHEA

 DAIRY FREE

 VEGETARIAN

 VEGAN

 FREEZABLE

NO SHALLOT? Finely chop half a small onion and stir in ⅛ teaspoon of minced garlic.