

Low-Carb Cream of Asparagus Soup

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 7.7 g, Fiber: 3 g, **Net carbs: 4.8 g**, Protein: 8.7 g,
Fat: 32.3 g, Calories: 350 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 500 g fresh asparagus spears, woody ends snapped off (1.1 lb)
- 1 small brown onion, finely chopped (70 g/ 2.5 oz)
- 2 tbsp butter *or* [ghee](#) (28 g/ 1 oz)
- 1 garlic clove, finely chopped
- 4 cups good quality [chicken stock](#) *or* chicken [bone broth](#) (960 ml)
- 3/4 cup heavy cream *or* [coconut cream](#) (180 ml/ 6 fl oz)
- sea salt and pepper to taste
- 4 tsp xtra virgin olive oil for serving (20 ml)

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)

Instructions

1. Trim any woody stems from the asparagus by cutting the tough ends off and then very carefully peeling the remaining stem sections with a vegetable peeler, if necessary.
2. Melt butter in a saucepan over medium heat until all melted. Add onions and garlic and cook gently for a few minutes.
3. Chop the asparagus into small pieces and add to the pot. Add chicken stock and increase heat to high.
4. Cook for a couple of minutes, or until asparagus is just tender but not soggy.
5. Remove from heat and use an [immersion blender](#) to blend until smooth. A standard blender will also do the trick.
6. I like to then pass it through a fine mesh sieve to make the soup extra smooth and silky. Trust me, it's worth the extra effort.
7. Return strained soup to your saucepan and add cream, salt and pepper.
8. Heat gently until hot, but not boiling (or let it cool down and store in the fridge for up to 4 days). Just before serving, drizzle some olive oil on top of the plated soup to serve (1 2/3 to 2 cups per serving).
Enjoy!

More great content on KetoDietApp.com