

# Soup's on: Quick, nutritious, figure-friendly recipes

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(HealthDay)—Making soup is an easy way to get your veggies while

having a warming, low-calorie meal. Soups can also double as easy lunches that just need re-heating. Here are two to try:

### **Creamy Asparagus Soup**

- 1 tablespoon [olive oil](#)
- 1 large [onion](#), diced
- 3 cloves garlic, minced
- 2 pounds asparagus, chopped
- 3 cups low-sodium chicken broth
- 1/4 teaspoon each [salt](#) and pepper

Heat the oil in a large saucepan, then add the onions and garlic. Cook at medium heat until the onions are soft and translucent, but don't let them darken in color. Add the asparagus, broth, salt and pepper and simmer for about 20 minutes. Let the mixture cool enough to handle and then puree with an immersion or standard blender until smooth.

**Yield:** 4 to 6 servings.

### **Sweet and Satisfying Corn Chowder**

- 2 slices bacon, minced
- 1 tablespoon olive oil, if needed
- 1 small white onion, chopped
- 2 cups broccoli florets
- 1 tablespoon whole-wheat flour
- 1/4 teaspoon paprika or cayenne pepper
- 2 large baking potatoes (about 1-1/2 pounds), peeled and cubed
- 2 cups fresh or frozen corn kernels (defrost under hot running water for 30 seconds)
- 4 cups chicken broth
- 1 cup nonfat milk
- 1/4 teaspoon salt

- 1/4 teaspoon ground pepper
- 1/2 cup chopped chives

Render the bacon in a heavy saucepan over medium-high heat, adding the olive oil if the bacon doesn't give off enough fat to saute the vegetables. Add the onions and broccoli and cook for 5 or 6 minutes until the onions soften, reducing the [heat](#) so that they don't brown. Add the flour and paprika or cayenne, and cook for another 2 to 3 minutes, stirring continuously until the flour coats the onions, but don't let it brown.

Add the potatoes, half the corn and the broth, and bring to a boil. Cover and simmer for about 20 minutes until the potatoes are tender. Add the milk, let the mixture cool enough to handle, and then blend with an immersion or standard blender. Stir in the remaining [corn](#), salt and pepper. Sprinkle with chives and serve.

**Yield:** 4 to 6 servings

**More information:** The Mayo Clinic features many [healthy soup recipes](#) that highlight veggies as well as legumes, seafood and even fruit.

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