

# Low-Point Parmesan-Topped Asparagus Soup

Ingredients:

- 1, 14.5 oz. can cut green beans, drained
- 1, 14.5 oz. can cut spears asparagus, drained
- 2 cups beef broth
- salt and pepper to taste
- 2 Tbs finely shredded parmesan

Drain cans of asparagus and green beans. Remove 3 Tbs of each vegetable, and place in a small bowl. Set aside. Place remaining vegetables in a blender and blend until smooth. Pour blended vegetables into a microwavable safe bowl (or small sauce pan). Cut the reserved vegetables into small pieces and add to bowl or sauce pan. Add beef broth, salt, pepper, and then heat. Before serving, place 2 Tbs shredded parmesan on top. Enjoy!

Total servings - 3 cups

Serving size - 1 cup

Points per serving - .5

Points plus per serving - 1

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"In order to change we must be sick and tired of being sick and tired." - Anonymous***