

Asparagus & Chicken Cheese Soup



Who doesn't like to dip their blanched and chilled asparagus (page 44, Volume 1, of Cooking with Judy) in Creamy Cheese Sauce? I sure do. The recipe for the sauce is on page 57, also in Volume 1.

Well that, a freshly roasted chicken, some orange bell pepper and spring onions that had been previously chopped and in the freezer.

Plus asparagus that needed using up, got me started.

Besides I was lucky to save some great Chicken fat from the roasting pan. Plus 3 quarts of pure fresh chicken stock. I only used a cup in this recipe.

So in my smaller soup pot I started with a sprinkle of black pepper. That is always first in the pan when I cook. Turning on the heat to med low brings out the robust flavor of the pepper which gets blended into anything you make. Makes it better!



Roasted Chicken on page 19 in Volume 1. On page 48 in Volume 6 is how to make Stock or Broth from the remains of your roasted chicken. In Volume 2 on page 7 you'll find 8 different soups you can make from just on roasted chicken. Actually you'll find dozens and dozens of soup recipes in my Cooking Guides. Plus how to clean and store FRESH asparagus on page 14 in Volume 2.

In a small soup pot sprinkle of coarse ground black pepper. See why in Volume 6, on page 25.

Turn on the heat to med low and add:

- 1 T Frozen Chicken Fat

When melted add:

- 2 T Diced spring onion
- 1 T Diced orange bell pepper
- 1/2 C Chopped tender celery leaves and stalks*



Stir well and gently simmer until tender then add:

- 1/8 t Dry Thyme
- 1/2" grated Fresh frozen Ginger
- 1/4" grated Fresh frozen Turmeric, page 34 in Volume 6
- 1 T (approx) grated [FRESH WHOLE FROZEN](#) lemon



Mix well and simmer for just a couple of minutes then add:

- 1 C homemade chicken stock
- 1 1/2 C water

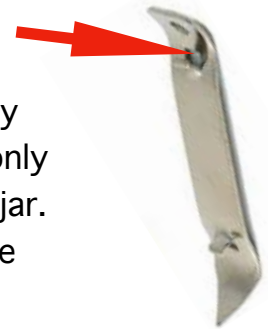
Stir well and simmer gently on low for 5 minutes, while you cut up the asparagus and roasted chicken.

Before you add the chicken and asparagus,



Add:

- 1/2 jar Old English Cheese Spread, the most unhealthy thing I will ever suggest. Be sure to use what is commonly called a church key can opener to lift the lid off of the jar. Stir until the cheese is melted and well blended with the veggies and spices.



Now add your:

- 1 C diced chicken
- 1 C diced asparagus and

Simmer 10 minutes more on LOW.

* Every time I clean celery, I save the tender leaves and stalks in ice water in a separate covered dish in the fridge for a couple of days. The larger stalks I keep in a celery keeper (page 58, Volume 2). Just in case I want to make soup.

NOTE: there as been NO salt added.

You don't need it!!!!

Trust me there is enough flavor you won't miss it.

What amazing flavors and all from left overs!!!!!!

It's like a FREE meal and so E-Z.

From your friend in the kitchen, Judy

PS: The soup without the chicken FREEZES well. In fact another new tip. The chicken I roasted was so big I had heaps of leftover chicken breast. I pulled it apart and placed in a small zip bag for the freezer.

While I reheated my soup I placed a few pieces of chicken in the empty soup bowl and defrosted it in the microwave on LOW. Just enough to thaw but NOT reheat. I poured the HOT soup over the chicken and it warmed it perfectly.

I NEVER use my microwave to cook ONLY to DEFROST.