I LOVE cream of asparagus soup, it’s pure comfort in a bowl and so simple to make. This recipe is made with just 5 ingredients, not counting salt and pepper and is ready under 25 minutes! This light and healthy, cream of asparagus soup is made with no cream, it’s simply pureed with a little sour cream, which you can totally omit if you want to keep it dairy free. I watered a little sour cream down and drizzled a little more on top. Under 100 calories and perfect as a first course or to serve with a sandwich or a salad. You can see more Soup Recipes here! This asparagus soup is made with just 7 ingredients. See exact measurements in the recipe card below: Creamed soups don’t have to be loaded with heavy cream. There are several ways you can make your own creamy soups. First, get yourself an immersion blender if you don’t already own one. This is probably my all time favorite kitchen gadget. It’s so much easier than putting hot soup into a blender in several batches, trust me! Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!