

DINNER

Chicken and Asparagus in Cream Soup

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	10 min	55 min	5	\$2.54	296 kcal



Chicken and Asparagus in Cream Soup requires roughly 1 hour and 5 minutes from start to finish. For \$2.54 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals. One serving contains 296 calories, 31g of protein, and 8g of fat. This recipe serves 5.

Ingredients

- ☐ 20 spears fresh asparagus, trimmed, or as needed
- ☐ 5 servings Italian seasoned bread crumbs
- ☐ 5 skinless, boneless chicken breast halves
- ☐ 21½ ounce cream of asparagus soup
canned
- ☐ 1½ cups milk

EQUIPMENT Bowl, Sauce pan, Oven, Baking pan

Method

- 1 Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- 2 Place the chicken breasts into the prepared baking dish.
- 3 Bake in the preheated oven until the chicken is cooked through and no longer pink in the center, about 30 minutes.
- 4 While the chicken is baking, bring a saucepan of lightly salted water to a boil, and simmer the asparagus spears until bright green, about 5 minutes.
- 5 Remove the asparagus and set aside.
- 6 Mix together the soup and milk in a bowl until well blended.
- 7 Remove the chicken from the baking dish and set aside. Line the bottom of the dish with asparagus spears, arrange the chicken on top, and pour the soup mixture over the chicken.
- 8 Sprinkle the top with bread crumbs.
- 9 Return to oven and bake until the casserole is hot and bubbling, an additional 25 minutes.

Nutrition per serving

296	31 g	8 g	24 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.4 g · 21% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			7.4 g · 8% of daily needs
Sodium			1,031 mg · 45% of daily needs
Cholesterol			87.3 mg · 29% of daily needs
Vitamin C			5.2 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-and-asparagus-in-cream-soup-148437