

Cream of Carrot Soup with Fresh Ginger

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

2 pounds carrots
2 teaspoons safflower oil
2 teaspoons unsalted butter
2 (about 1-1/2 pounds) onions,
chopped
1/4 cup fresh ginger, grated
8 cups unsalted chicken stock
1/4 cup golden raisins, chopped
1/2 cup light cream
3/4 teaspoon salt
freshly ground black pepper
2 tablespoons fresh parsley, chopped

Preparation Time: 30 minutes

Cut two of the carrots into small dice and set them aside. Slice the remaining carrots into thin rounds.

Heat the oil and butter together in a large, heavy-bottomed pot over medium heat. Add the onions and cook them, stirring occasionally, until they are golden - about 10 minutes. Add the carrot rounds and the ginger. Stir in 1 1/2 cups of the stock. Reduce the heat and cover the pot. Cook the mixture until the carrots are tender - about 20 minutes.

Pour five cups of the remaining stock into the pot and bring the liquid to a boil. Reduce the heat, cover the pot, and simmer the stock for 10 minutes. Remove the lid and increase the heat to high. Boil the soup, skimming the impurities from the surface several times, until the liquid is reduced by about one-third and the carrots are soft - 8 to 10 minutes.

While the soup is boiling, bring the remaining 1-1/2 cups of stock to a simmer in a small saucepan over medium heat. Add the diced carrots and the raisins and simmer them, covered, until the carrots are tender - about 5 minutes. Set the saucepan aside.

Puree' the soup in batches in a blender, food processor or food mill. Return the soup to the pot over medium heat and add the diced carrots and raisins with their cooking liquid. Stir in the salt, cream, some pepper and the parsley. Simmer the soup until it is heated through - about 2 minutes - and serve at once.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 120 Calories; 5g Fat (37.4% calories from fat); 2g Protein; 18g Carbohydrate; 4g Dietary Fiber; 13mg Cholesterol; 244mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	120	Vitamin B6 (mg):	.2mg
% Calories from Fat:	37.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	56.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	22mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	13mg	% Daily Value*	0 0%
Carbohydrate (g):	18g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	244mg	Vegetable:	2 1/2
Potassium (mg):	444mg	Fruit:	1/2
Calcium (mg):	53mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	28610IU		
Vitamin A (r.e.):	2882RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 120 Calories from Fat: 45

% Daily Values*

Total Fat	5g	8%
Saturated Fat	3g	13%
Cholesterol	13mg	4%
Sodium	244mg	10%
Total Carbohydrates	18g	6%
Dietary Fiber	4g	15%
Protein	2g	

Vitamin A	572%
Vitamin C	21%
Calcium	5%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.