

Low-Fat Cream of Carrot Soup

Bobbi Loukas

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Yield: 2 quarts

1 pound carrots
1/2 cup onions, chopped
2 tablespoons butter
1 quart chicken broth
3/4 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon nutmeg
2 cups evaporated skim milk

Peel and cut the carrots into one-inch pieces.
Saute' the carrots and onions in butter until soft.

Add the chicken broth. Add the salt, pepper and nutmeg. Simmer, covered, for 15 to 20 minutes.

Place the soup in a blender. Blend until smooth.
Return to the pot. Heat thoroughly.

(The soup can be served hot or cold.)

Per Serving (excluding unknown items): 963 Calories; 30g Fat (28.3% calories from fat); 63g Protein; 110g Carbohydrate; 14g Dietary Fiber; 81mg Cholesterol; 5619mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 9 1/2 Vegetable; 4 1/2 Non-Fat Milk; 4 1/2 Fat.