

Soups & Chili

Carrot Soup

Dash Magazine - May 2012

1 onion, chopped
1 rib celery, chopped
2 tablespoons olive oil
1 teaspoon garlic, minced
5 cups carrots, chopped
2 cups water
4 cups chicken broth
salt (to taste)
pepper (to taste)

In a large saucepan or Dutch oven, saute' the onion and celery in the olive oil for 5 minutes.

Add the garlic, carrots, water and broth. Bring to a boil.

Simmer for 25 minutes.

Place the soup in a blender and puree' until smooth.

Season with salt and pepper to taste.

Per Serving (excluding unknown items): 721 Calories; 34g Fat (41.3% calories from fat); 28g Protein; 81g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 3331mg Sodium. Exchanges: 2 Lean Meat; 15 Vegetable; 5 1/2 Fat.