

Gingered Carrot Soup

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 9

*2 bags (16 ounce ea) ready-to-eat
baby-cut carrots*
2 large (2 cups) onions, chopped
5 1/4 cups chicken broth
1/2 teaspoon salt
1/2 cup whipping cream
1/2 cup orange juice
3 tablespoons packed brown sugar
2 tablespoons grated gingerroot
1/4 teaspoon white pepper
*fresh orange slices (if desired),
quartered*
*chopped fresh Italian (flat-leaf)
parsley (if desired)*

Preparation Time: 15 minutes

Spray a four- or five-quart slow cooker with cooking spray.

In the slow cooker, mix the carrots, onions, broth and salt.

Cover and cook on LOW setting for eight to ten hours.

Pour four cups of the soup mixture into a blender. Add half each of the whipping cream, orange juice, brown sugar, gingerroot and pepper. Cover and blend on HIGH speed until smooth. Return to the slow cooker. Blend the remaining soup mixture with the remaining half of the ingredients. Return to the slow cooker.

Increase the heat setting to HIGH. Cover and cook for 15 to 20 minutes longer or until hot.

Garnish individual servings with the orange slices and parsley.

Start to Finish Time: 8 hours 30 minutes

Per Serving (excluding unknown items): 102 Calories; 6g Fat (50.6% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 571mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

% Calories from Fat:	50.6%
% Calories from Carbohydrates:	35.7%
% Calories from Protein:	13.7%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	18mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	571mg
Potassium (mg):	218mg
Calcium (mg):	26mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	9mg
Vitamin A (i.u.):	222IU
Vitamin A (r.e.):	62 1/2RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories	102	Calories from Fat: 52
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% Daily Values*

Total Fat	6g	9%
Saturated Fat	3g	16%
Cholesterol	18mg	6%
Sodium	571mg	24%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	2%
Protein	4g	
Vitamin A		4%
Vitamin C		14%
Calcium		3%
Iron		3%

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