

Carrot-Orange Soup

Ingredients:

25 mL	2 tbsp	butter or margarine
125 mL	½ cup	chopped onions
1 L	4 cups	sliced carrots
1 L	4 cups	chicken stock or vegetable stock
125 mL	½ cup	orange juice
2 mL	½ tsp	nutmeg
1 mL	¼ tsp	pepper
250 mL	1 cup	milk

Preparation:

1. In a large saucepan, heat butter or margarine over medium-high heat. Add onions and cook for 4 to 5 minutes or until softened. Add carrots and stock and bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until carrots are very soft. Stir in orange juice, nutmeg and pepper.
2. In a blender, blend carrot mixture in batches until smooth.
3. Return soup to pan; stir in milk. Simmer over very low heat for 2 to 3 minutes or until heated through.

Makes 7 cups

Preparation Time: about 30 minutes

Equipment:

- large sauce pan
- knife and cutting board
- spoon
- blender

Canada's Food Guide Servings:

1 cup carrot-orange soup is
1 VEGETABLE AND FRUIT serving

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