

Creamy Carrot Soup



Yield: 3 servings

Ingredients:

- 1 Tbsp. olive oil
- 1¾ cup chopped Vidalia onion
- 2 pounds carrots, cut into ½ inch pieces
- 1 tsp. salt
- 1 tsp. pepper
- Dash of ground ginger
- 2 cups water
- 2 cups low-sodium chicken broth
- 2 Tbsp. heavy cream

Directions:

1. Heat oil in a large Dutch oven over medium heat.
2. Add onion and carrots to pan, cook 10 minutes, stirring frequently.
3. Stir in salt, pepper and ginger. Add water and broth to pan and bring to a boil. Cover, reduce heat and simmer 25 minutes.
4. Remove from heat and cool.
5. Place half the carrot mixture and 1 Tbsp. of cream in a blender, process until smooth. Pour that in a bowl and repeat with the other half of the carrot mixture.
6. Return to pan and heat through.

Nutritional Facts Per 1½ Cup Serving

- Calories: 180
- Fat: 7g
- Sodium: 983mg
- Carbohydrates: 28g
- Dietary Fiber: 7g
- Protein: 4g

Source: Reprinted with permission from *Cooking Light*