



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Cream of Carrot Soup

Ingredients:

- 1 cup diced carrots
- ½ cup boiling water
- 2 Tablespoons onions, minced
- 3 Tablespoons melted butter
- 3 Tablespoons flour
- 2½ cups evaporated skim milk

Makes 5 servings - 27% calories from fat

Instructions:

1. In a small sauce pan combine carrots and water, cover. Simmer until carrots are tender. Set aside.
2. In a medium sauce pan cook onions in butter until tender. Add flour, mixing until smooth. Then add milk slowly, stirring constantly. Continue stirring while cooking on low heat until thickened.
3. Add carrots and the water from small sauce pan. Heat thoroughly.

Note:

- Season with salt and pepper if desired.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 10g	
Vitamin A 100%	Vitamin C 6%
Calcium 40%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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