

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

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 melt butter, then add minced onions and 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 stirring to combine. Heat thoroughly, and serve.

Note:

- Season with salt and pepper if desired.

Nutrition Facts

Serving Size ¾ 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 2,000 calorie diet. 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

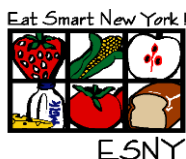
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

27% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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