



Creamy Carrot Soup

Makes about 10 cups

- 1 cup chopped onion
- ¼ cup butter, cubed
- 4½ cups sliced carrots
- 1 lg. potato, peeled and cubed
- 2 (14.5 oz) cans low-sodium vegetable broth*
- 1 tsp. ground ginger
- 2 (12 oz) cans evaporated skim milk
- 1 tsp. dried rosemary, crushed
- ½ tsp. salt
- ⅛ tsp. black pepper

In a Dutch oven, melt butter and sauté onion until tender. Add carrots, potato, broth and ginger. Cover and cook over medium heat 30 minutes or until vegetables are tender. Cool 15 minutes. Transfer to blender container in small batches; cover and process until smooth. Return all to pan; stir in milk, rosemary, salt and pepper. Cook over low heat until heated through.

*Low-sodium chicken broth may be substituted for vegetable broth for added flavor.

Per cup: 130 calories, 5 g fat, 3 g protein, 17 g carbohydrate, 2 g fiber, 300 mg sodium