

LOW-FAT CREAMY CARROT SOUP

Source: Recipe4Living.com

Cook/Prep Time: about 45 minutes

INGREDIENTS:

1 TBS olive oil
1 medium chopped onion
1 lb (450 g) fresh carrots, peeled/cut into 1" pieces
1/2 lb (250 g) baking potato, peeled/diced
4 C canned or fresh chicken broth
1 C non-fat milk
Salt & freshly ground pepper, to taste
A Grating of fresh nutmeg
Chopped parsley, for garnish

DIRECTIONS:

Heat oil in pot over moderate heat & sauté onions till tender but not brown (about 5 minutes) - add carrots, potato & chicken broth - bring to boil - reduce heat & simmer 30 minutes, covered. In food processor or blender, carefully purée soup in small batches - season with salt, pepper & nutmeg. Serve hot or cold, garnished with parsley.

Yield: 4-6 servings