

Farmer's Market 2004



Cooperative Extension
of Chemung County

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ESNY



Carrot Potato Soup

Serving Size: 1 cup. Servings per recipe: 4

Recipe by Carol Coughlin, RD.

2½ cups water	2 tablespoons orange juice concentrate—undiluted
2 cups chopped carrots	1 tablespoon honey
2 cups chopped, peeled potatoes	¼ teaspoon nutmeg
1 cup chopped onion	Black pepper to taste
2 cloves garlic	

- 1. Place water, carrots, potatoes, onion, and garlic in a Dutch Oven or large soup pot. Bring to a boil and then reduce heat and simmer until vegetables are tender, about 15 to 20 minutes.**
- 2. Using a hand blender, blender or food processor, puree the soup—be careful since hot soup can really burn!**
- 3. Stir in the remaining ingredients and return to pot. Reheat to serving temperature above 150° F. Note: This soup can be prepared in the microwave. Serve it as a delicious chilled soup in the summer.**



Nutrition Facts: 100 Calories, 0 Calories from Fat, 0g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 55 mg Sodium, 24 g Total Carbohydrate, 3 g Dietary Fiber, 8 g Sugars, 2 g Protein, 100% Vitamin A, 15% Vitamin C, 2% Calcium, 2% Iron. Diabetic Exchange: 1 bread, 1 vegetable.

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