

NutritionMD.org

This page can be found at: http://www.nutritionmd.org/recipes/view.html?recipe_id=645

Creamy Carrot Soup

Makes about 6 1-cup servings

So simple and so good!

- 4 large carrots
- 1 1/2 cups water
- 1 1/2 cups plain rice milk
- 1/8 teaspoon salt

Scrub carrots, cut them into chunks, and place them in a medium saucepan with the water. Cover and simmer for about 20 minutes, or until tender when pierced with a fork. Pour rice milk into a blender and add cooked carrots, cooking liquid, and salt. Purée until completely smooth, adding a bit more rice milk if the soup is too thick. Serve hot or chilled.

Per 1-cup serving

- Calories: 45
- Fat: 0.6 g
- Saturated Fat: 0.1 g
- Calories from Fat: 11.4%
- Cholesterol: 0 mg
- Protein: 0.4 g
- Carbohydrates: 9.8 g
- Sugar: 4.7 g
- Fiber: 1.3 g
- Sodium: 97 mg
- Calcium: 89 mg
- Iron: 0.2 mg
- Vitamin C: 1.9 mg
- Beta Carotene: 3667 mcg
- Vitamin E: 0.9 mg

Source: Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.

Copyright © 2015, NutritionMD.org
<http://www.nutritionmd.org>