



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, scalded

Makes 6 servings

Instructions

1. Combine carrots and water, cover. Simmer until carrots are tender.
2. Brown onions in butter. Add flour, mix until smooth. Add milk slowly, stirring constantly. Cook on low heat until thick.
3. Add carrots and the water in which they were cooked. Heat thoroughly.

Note:

- Season with salt and pepper if desired.

Nutrition Facts

Serving Size 3/4 cup		Servings Per Container 6	
Amount Per Serving			
Calories 140	Calories from Fat 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 15mg	5%		
Sodium 170mg	7%		
Total Carbohydrate 17g	6%		
Dietary Fiber 1g	4%		
Sugars 13g			
Protein 9g			
Vitamin A 80%	• Vitamin C 4%		
Calcium 30%	• 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

26% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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