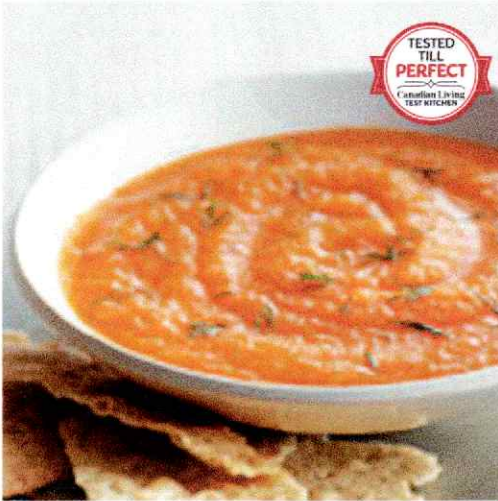


CARROT AND DILL SOUP

By: The Canadian Living Test Kitchen



Pack this quick nutritious soup in a vacuum bottle to enjoy with a slice of whole wheat bread for a warming lunch.

INGREDIENTS

- 2 tablespoons butter
- 3 celery stalks chopped
- 2 onions chopped
- 2 garlic cloves minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 5 cups chopped carrots (about 1-1/2 lb/750 g)
- 8 cups chicken stock
- 1/4 cup chopped fresh dill

METHOD

In large heavy saucepan or Dutch oven, heat butter over medium heat; cook celery, onions, garlic, salt and pepper, stirring often, until softened, about 5 minutes.

Add carrots; cook for 4 minutes, stirring occasionally. Add stock and bring to boil; reduce heat, cover and simmer until carrots are tender, about 35 minutes.

In food processor or blender, pur?soup, in batches, until smooth. (*Make-ahead: Let cool for 30 minutes; refrigerate, uncovered, in shallow airtight container until cold. Cover and refrigerate for up to 3 days or freeze for up to 1 week. Reheat to serve.*) Return to pan and heat through. Stir in dill; ladle into bowls.

Portion size 8 servings

Credits : Eat Right For Life:
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NUTRITIONAL FACTS

Per serving

about

Sodium	1010 mg
Protein	6 g
Calories	110.0
Total fat	4 g
Cholesterol	8 mg
Saturated fat	2 g
Total carbohydrate	12 g

%RDI

Iron	8.0
Folate	10.0
Calcium	4.0
Vitamin A	175.0
Vitamin C	7.0