

Roasted Carrot Soup

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Servings: 10

1 pound carrots, peeled and halved lengthwise
1 pound parsnips, peeled and quartered lengthwise
1 large onion, sliced
1 three-inch piece fresh ginger, peeled and chopped
6 tablespoons unsalted butter
3 tablespoons dark brown sugar, packed
8 cups rich chicken broth
pinch cayenne pepper
1/4 cup creme fraiche (for garnish)
snipped fresh chives (for garnish)

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

In a shallow roasting pan, combine the carrots, parsnips, onion and ginger. Dot with butter. Sprinkle with brown sugar.

Pour two cups of the broth into the pan. Cover well with aluminum foil.

Bake for two hours until the vegetables are very tender.

Transfer the vegetables and broth to a large soup pot. Add the remaining six cups of broth. Season with salt to taste and the cayenne pepper. Bring to a boil. Reduce the heat. Simmer, partially covered, for 10 minutes

Puree the soup in batches in a blender until smooth, adding more broth if necessary. Return the soup to the pot. Adjust the seasonings. Heat through.

Serve dolloped with creme fraiche and a sprinkling of snipped chives.

Start to Finish Time: 2 hours

Per Serving (excluding unknown items): 129 Calories; 7g Fat (47.8% calories from fat); 1g Protein; 16g Carbohydrate; 3g Dietary Fiber; 19mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	129	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	48.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	34mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Daily Value*	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1/2
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	21mg	Vegetable:	1
Potassium (mg):	319mg	Fruit:	0
Calcium (mg):	33mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	11626IU		
Vitamin A (r.e.):	1200 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 129 Calories from Fat: 62

% Daily Values*

Total Fat	7g	11%
Saturated Fat	4g	22%
Cholesterol	19mg	6%
Sodium	21mg	1%
Total Carbohydrates	16g	5%
Dietary Fiber	3g	13%
Protein	1g	
Vitamin A		233%
Vitamin C		19%
Calcium		3%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.