

# Cream of Carrot Soup

Allergens – Milk, Celery

## Ingredients

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Quantity	Ingredient
50g	<b>Vegetable Bouillon</b> (Knorr and Major contains Celery)
3.5ltr	Water
50g	<b>Margarine</b>
1kg	Carrots (chopped)
180g	Onion (diced)
750g	Potatoes (chopped)

## Method

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1. Chop all the carrots, onions and potatoes.
2. Melt the margarine in a pan and sauté onions until tender.
3. Add the chopped carrots and potatoes.
4. Add enough water to cover the vegetables, add the bouillon and simmer for 30 to 40 minutes.
5. Pureé with a stick blender and reheat to 82°C before serving.

### Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 66.8	= 2.8	= 0.7	= 3.7	= 0.7	= 9.7

**Portion size - Primary – 200g**