

Quick Carrot Soup

*If carrots help your vision, then it's easy to see that this soup is an excellent choice!
Orange juice and honey make this treat all the sweeter.*

Canola (or olive) oil	2 tsp.	10 mL
Baby carrots, coarsely chopped	1 lb.	454 g
Chopped onion	1/2 cup	125 mL
Low-sodium prepared chicken broth	3 cups	750 mL
Chopped fresh dill (or 3/4 tsp., 4 mL, dried)	1 tbsp.	15 mL
No-salt seasoning	1 1/2 tsp.	7 mL
Orange juice	1/4 cup	60 mL
Chopped fresh dill (or 3/4 tsp., 4 mL, dried)	1 tbsp.	15 mL
Liquid honey	1 tbsp.	15 mL

Heat canola oil in large saucepan on medium. Add carrot and onion. Cook for about 10 minutes, stirring occasionally, until onion is softened.

Add next 3 ingredients. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, for about 5 minutes until carrot is tender. Carefully process with hand blender or in blender until smooth.

Add remaining 3 ingredients. Cook on medium for about 1 minute, stirring occasionally, until heated through. Makes about 4 1/2 cups (1.1 L).

1 cup (250 mL): 107 Calories; 2.5 g Total Fat (1.4 g Mono, 0.7 g Poly, 0.3 g Sat); 0 mg Cholesterol; 19 g Carbohydrate; 3 g Fibre; 3 g Protein; 78 mg Sodium

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