

Cream of carrot soup

Savoury

level 

 1

 25 min



Ingredients

200 ml	Fresubin Energy DRINK Neutral
200 g	carrots (3 medium sized)
20 g	onions
1 table-spoon	sunflower oil
100 ml	meat stock
2 table-spoons	cream (30 % fat)
20 g	butter
20 g	wheat flour (2 tablespoons)
	salt, pepper, fresh herbs (chopped)

Nutritional information per serving:

Energy	825 kcal
Protein	16.5 g
Fat	53.0 g
Carbohydrate	68.0 g
Fibre	7.2 g



Alternative products:

Fresubin[®] 2 kcal/Fibre DRINK

Preparation

Cut onions into small cubes and fry for a short time in oil. Add finely grated carrots and meat stock, and cook. Add Fresubin Energy DRINK Neutral and cream. Make a roux with butter and flour and add to the soup to thicken.

Season to taste and add herbs as garnish.

TIP:

Use puréed carrots (baby food) instead of grated carrots.