

Cream of carrot soup

Soup



Ingredients

200ml Fresubin® 2kcal Fibre DRINK Neutral
200g carrots finely grated (3 medium-sized)
2 tablespoons of chopped onion
1 tablespoon sunflower oil
100ml meat stock
2 tablespoons thickened cream
2 tablespoons plain flour
20g butter
Salt, pepper, fresh herbs (chopped) to garnish

Nutritional information per 1 servings: (makes 2 servings)

Energy	1.69kcal/ml, ~508 kcal per serve
Protein	~13 g
Fat	~32 g
Carbohydrate	~41 g
Fibre	~4.7 g



Alternative products:

Fresubin® PRO DRINK Neutral

Method

1. Prepare and measure out ingredients listed.
2. Add oil to a saucepan and fry the chopped onion until glassy (translucent). Add finely grated carrots and meat stock, and cook until soft. Reduce heat to low and gradually add Fresubin 2kcal Fibre DRINK Neutral and cream.
3. Make a roux with the butter and flour, then add it to the soup to thicken.
4. Season to taste and garnish with the herbs.
5. Allow the soup to cool before transferring it to a blender, and blend until smooth.