

# Creamy Spring Vegetable Soup

## Ingredients

- 1 bottle of *Fresubin PRO Drink Neutral*
- 1 potato
- 1 carrot
- 100 ml vegetable stock
- 50 g frozen peas
- Salt, pepper, nutmeg
- 2-3 *tablespoons* lemon juice
- Chives, if desired

1 Peel the potato and carrot and cut them into small cubes. Bring the vegetable cubes and vegetable stock to the boil and cook for **10 minutes**. Add the peas and cook for another **5 minutes**.

2 Add *Fresubin PRO Drink Neutral*, heat to eating temperature, do not boil. Season to taste with salt, pepper, nutmeg and lemon juice. Sprinkle with chives if desired.

*Also tasty with kohlrabi, broccoli, sweetcorn or a frozen soup vegetable mix. If spicy is your thing, use a little horseradish to season the soup*



## Nutritional Information Per Portion of Prepared Recipe

Protein	34g
Fat	19g
Carbohydrate	73g
<b>Total</b>	<b>624kcal (3,618kJ)</b>

Fresubin  
PRO Drink  
Neutral



1  
portion



15  
min

