

  
**THICK  
& EASY**

# Pureed Carrot Ginger Soup







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IDDSI LEVELS 4 5 6 7



## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Bulk Pureed Carrots</b> thawed & heated per package instructions   Item: 34332	1/3 cup	2 cups (Half of 2 lb. bag)	4 cups (1 – 2 lb. bag)
<b>HERB OX® Chicken Broth packets</b> Prepared Chicken Broth   Item: 34793*	1/2 cup	3 cups	1 1/2 quarts
Coconut milk	2 Tbsp	3/4 cup	1 1/2 cups
Black Pepper	Dash	1/8-1/4 tsp	1/4 tsp – 1/2 tsp
Salt	1/16 tsp	1/4 – 1/2 tsp	1/2 tsp – 1 tsp
Ginger, ground	1/8 tsp	3/4 tsp	1 1/2 tsp
Thyme	Dash	1/8-1/4 tsp	1/4 tsp – 1/2 tsp
<b>THICK &amp; EASY® Instant Food &amp; Beverage Thickener**</b> Item: 17938	2 tsp	1/4 cup	1/2 cup

\*For a lower sodium recipe, use prepared Herb Ox® Sodium Free Chicken Broth (#36087) in place of regular chicken broth

\*\*Note: Amount of thickener may be adjusted to meet desired consistency level.  
The amount of thickener listed in recipe above will thicken soup to IDDSI level 4 (pureed) when served hot. Soup will become thicker as it cools.

## NUTRITION

**Serving Size:** ~8fl oz.  
**Calories:** 130  
**Total Fat:** 9g  
**Saturated Fat:** 6g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 500mg  
**Total Carbs:** 12g  
**Dietary Fiber:** 3g  
**Total Sugars:** 4g  
**Added Sugars:** 1g  
**Protein:** 0g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 2% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Thaw and heat **THICK & EASY® Bulk Pureed Carrots** per package instructions.
2. Stir together the heated carrots, chicken broth, coconut milk and seasonings in a saucepan or stock pot.
3. Bring to a boil, stirring occasionally.
4. Add **THICK & EASY® Instant Food & Beverage Thickener** and blend with a wire whisk until thickened.
5. Keep warm for service at 135°F or higher.
6. Portion approximately 7 - 8 fl. oz. (about 1 cup) per serving.