

LYONS
THICK
& EASY®

Pureed Carrot Ginger Soup





Pureed Carrot Ginger Soup

IDDSI LEVELS 4 5 6 7



INGREDIENTS

	1 Serving	6 Servings	12 Servings
THICK & EASY® Bulk Pureed Carrots thawed & heated per package instructions Item: 34332	1/3 cup	2 cups (Half of 2 lb. bag)	4 cups (1 – 2 lb. bag)
HERB OX® Chicken Broth packets Prepared Chicken Broth Item: 35188*	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
THICK & EASY® Instant Food & Beverage Thickener** 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.