



Carrot Bisque

Recipe Source: PEHP Healthy Utah Test Kitchen Staff

Ingredients:

5 cups chopped carrots
½ cup chopped white potato
½ cup cubed butternut squash
¾ cup chopped onions
3 Tbsp butter
4 cups light chicken broth
1 bay leaf
2 cups reduced-fat (2%) milk
Salt and black pepper

Steps:

- In a large skillet, sauté carrots, potatoes, squash, and onions in butter for 10 minutes. Cover and cook for another 10 minutes over moderate heat.
- Add chicken broth and bay leaf and simmer, covered, 45 minutes or until vegetables are tender.
- Remove the bay leaf. In a blender, food processor, or with an immersion blender, puree the mixture and transfer back to the saucepan.
- Stir in milk and add salt and pepper to taste. Stir until heated through.
- Pour into bowls. Garnish with parsley if desired.

Tips from the Test Kitchen: Try substituting olive or canola oil for the butter. For variety, you can use a sweet potato instead of the white potato, or try a Yukon gold potato for a slightly creamier texture.

Nutritional Facts (per serving): Calories: 183, Carbohydrates: 21 grams, Protein: 7 grams, Total Fat: 9 grams, Saturated Fat: 5 grams, Cholesterol: 22 mg, Sodium: 209 mg, Fiber: 4 grams, Total Sugars: 10 grams.