

Carrot and Ginger Soup

7 REGULAR

6 SOFT & BITE-SIZED

5 MINCED & MOIST

4 PUREED

3 LIQUIDISED

Recommendations on this site are for food modification only.
If you are level

4 EXTREMELY THICK

for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.



109Kcal
Per Serving

CONTAINS



CELERY



MILK

MAY CONTAIN



WHEAT

This recipe serves 4

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (328g)
Energy	139kJ/33kcal	456kJ/109kcal
Fat	0.9g	3.1g
of which saturates	0.3g	1g
of which monounsaturates	0.2g	0.6g
of which polyunsaturates	0g	0.2g
Carbohydrate	4.2g	14g
of which sugars	3.8g	12g
of which polyols	0g	0g
of which starch	0g	0g
Protein	1.3g	4.2g
Salt	0.84g	2.8g
Vitamin A (ret eq)	609ug (76%)	1999ug

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Source of and High in Vitamin A. Source of Protein.



Shopping List

- ½ medium onion, diced
- 1 tablespoon olive oil
- 750ml vegetable stock
- 1 tablespoon fresh ginger, peeled and chopped
- 2 cloves garlic, crushed
- 450g carrots, chopped
- full fat natural yogurt



Directions

1. Fry onion and garlic until soft
2. Add other ingredients and simmer for 10 minutes.
3. Purée in blender and serve immediately with a swirl (or more) of natural yogurt for garnish.
4. Blend the mixture until smooth and add the yogurt.
5. Season to taste.