



## Carrot Soup with Yogurt

*Makes 4 servings. Recipe from Cooking Light.*

*Serving size:*

*1 cup soup, 2 tablespoons yogurt & 2 mint or parsley sprigs for garnish.*

### Ingredients

2 teaspoons dark sesame oil  
1/3 cup sliced shallots (about 1 large)  
1 pound baby carrots, peeled and cut into 2-inch pieces  
2 cups fat-free, less-sodium chicken broth  
1 teaspoon grated peeled fresh ginger  
1/2 cup 2% Greek-style plain yogurt  
8 fresh mint or parsley sprigs  
paprika or cayenne

### Nutritional info per cookie

Calories:	94
Total fat:	3g
Cholesterol:	2mg
Sodium:	326mg
Total Carbs:	13g
Dietary fiber:	4g
Protein:	4g

### Directions

1. Heat oil in a medium saucepan over medium heat. Add shallots to pan; cook 2 minutes or until almost tender, stirring occasionally. Add carrots; cook 4 minutes. Add broth; bring to a boil. Cover, reduce heat, and simmer 22 minutes or until tender. Add ginger; cook 8 minutes or until carrots are very tender. Cover and let stand 5 minutes at room temperature.
2. Pour half of carrot mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining carrot mixture. Return pureed soup to pan; heat over medium heat 2 minutes or until heated.
3. Spoon soup into small bowls, and top with plain yogurt, fresh mint or parsley sprigs and a pinch of paprika or cayenne.