

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org

## Carrot Soup with Yogurt Shopping List

| Dark sesame oil                          |
|--|
| 1 large shallot                          |
| 1 pound baby carrots                     |
| 2 cups fat-free low-sodium chicken stock |
| 2% Greek-style plain yogurt              |
| Fresh mint or parsley                    |
| Paprika or cayenne                       |