

Carrot Zucchini Soup

Carrot Zucchini Soup, a light healthy alternative to heavier cream soups.



INGREDIENTS

(Makes about 1L)

Zucchini, sliced	200g
Carrots, sliced	160g
Onion, chopped	50g
Chicken broth, condensed	200ml
Marjoram, crushed	To taste
U.S. Cottage Cheese*	150g
U.S. Milk	240ml
Pepper, black	To taste

*U.S. Fromage Blanc is an excellent alternative, offering a different final texture, while still being low in fat.

NUTRITIONAL CONTENT

Per 100g

Calories	44kcal
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	4mg
Total Carbohydrates	5g
Dietary Fiber	1g
Sugars	3g
Protein	4g
Calcium	63mg
Magnesium	12mg
Phosphorus	74mg
Potassium	199mg
Sodium	202mg
Iron	1mg
Vitamin A	2715IU
Vitamin C	5mg

PREPARATION

1. **Combine zucchini, carrots, onion, chicken broth and marjoram in saucepan.**
2. **Bring to a boil and cover.**
3. **Turn heat down and simmer 10 to 15 minutes or until vegetables are tender.**
4. **Blend half of the soup mixture and half of the cottage cheese in a food processor until smooth.**
5. **Pour into pot.**
6. **Repeat with remaining soup and cottage cheese.**
7. **Mix all of the blended soup with milk and pepper.**
8. **Adjust seasoning, if desired.**
9. **Heat soup, but do not boil.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.