



Curried Carrot Soup

3 tbsp canola oil
3 large carrots, peeled and cut into 1/4-inch thick slices (450 gm)
1 small onion, chopped (150 gm)
3 small cloves garlic, minced
1 tbsp grated fresh ginger
2 14-ounce cans vegetable broth or 3 3/4 cups homemade broth
1 to 2 tsp cumin
1 tsp ground coriander
1/2 tsp chili powder
1/2 tsp paprika
1/2 tsp ground cinnamon
1/2 tsp ground turmeric
1 bay leaf
1/2 cup fresh orange juice (from one large orange)
salt and pepper
1 tbsp fresh lemon juice or to taste
chopped fresh parsley for garnish (optional)

1. In a large saucepan, medium stockpot, or a Dutch oven, heat the oil over medium heat. Add the carrots and onion; cook, stirring occasionally, for 5 minutes. Add garlic and ginger; continue cooking until onion is golden, about 3 minutes.
2. Add to the pan 2 cups of the broth, the cumin, coriander, chili powder, paprika, cinnamon, turmeric, and the bay leaf. Bring to a boil and simmer, covered, stirring occasionally, for 30 minutes. Discard the bay leaf.
3. Puree soup in food processor or blender, in batches as needed (do not fill blender more than half-full). Return pureed soup to saucepan. Stir in the orange juice; season with salt, pepper, and fresh lemon juice to taste. Simmer until heated through. Ladle into soup bowls and garnish with a sprinkle of chopped parsley if desired.

Makes about 6 cups:
Phe per recipe: 219 mg
Phe per 1/2 cup serving: 18 mg

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