

Teriyaki Carrot Soup

And your totals for one 8 oz serving are (makes 8):

Calories 55 Fat 0g Fiber 4g Carbs 13g

What you'll need:

- 1 T Powdered instant chicken broth (I use Maggi)
- ½ Onion chopped
- 1 T Chopped garlic
- ½ tsp Creole seasoning
- ½ tsp Garlic salt
- ½ tsp Lawry's seasoned salt
- 4 14 Oz cans of sliced carrots in water
- ¼ Cup Teriyaki Sauce

A blender

A medium sized saucepan

Now let's get to cookin'!

1. Bring 1/3 cup water in a saucepan to a boil.
2. Add chicken broth, onion, garlic and all dry seasonings and sauté until the onion is slightly clear.
3. While this is cooking, open all 4 cans of sliced carrots and pour the contents of 3 of the cans, including the liquid, into your blender (if it will hold this much – you may have to do one can at a time). Using a very low speed, blend the carrots until creamy.
4. Pour the creamed carrots over the sautéed onion and garlic and stir. Drain the remaining can of carrots, pour in and stir.
5. Add your Teriyaki sauce and let it simmer for ten minutes or until piping hot.

As it heats up do a taste-test. This soup is best “salty sweet”. The Teriyaki sauce gives it a sweet flavor so be sure you've used enough garlic salt to counter that but don't over do!

SUGGESTIONS:

Depending on your weight loss or maintenance plan, you can decide if this soup is good to go as is OR if you'd like to add anything. BUT make sure you count what you add and figure out your calories, fat, carbs and fiber.

This soup is wonderful if you add

1. Fat free shredded cheddar cheese, sprinkled on top and allowed to melt.
2. Crispy cooked turkey bacon chunks.
3. Both of the above!!!!!!!!!!!!!!

I absolutely adore a great soup and that's what inspired this
Kitty's Lighter Weigh recipe!