

Puréed Carrot Pear Soup

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

5 pounds baby carrots
1/4 cup olive oil
25 (1 - #10 can) Pacific Northwest Canned Pears, halves, in juice, drained and juice reserved
20 cups chicken or vegetable broth
1-1/4 cups powdered skim milk
1 tablespoon + 3/4 teaspoon ginger
2 tablespoons + 1-1/2 teaspoons cinnamon, plus more for garnish
1/4 cup lightly packed light brown sugar, or 6 tablespoons sugar substitute

Method

Preheat the oven to 400 degrees F. Toss the carrots with the oil, lay them in a single layer on a sheet pan, and roast approximately 40 minutes or until soft.

Remove the pan from the oven and transfer the carrots to a large soup pot. Add the pear halves and 2 cups of the reserved pear juice, along with the broth, powdered milk, ginger, cinnamon and sugar. Bring the mixture to a boil, cook for several minutes to combine and then purée using an immersion blender. Return the puree to a simmer and continue to cook approximately 20 minutes.

To serve, ladle 8 ounces into each of 25 bowls and sprinkle with additional cinnamon before serving if desired.

Servings

Makes 25 (8-ounce) servings

Nutrition

Calories	128
Fat	3 g
Cholesterol	1 mg
Sodium	836 mg
Carbohydrate	25 g
Dietary Fiber	4 g
Protein	3 g