



Super Carrot Soup Recipe

Preparation Time	15
Cooking Time	47
Serving Size	6

Ingredients:

- 50 g bacon
- 100 g carrot, cut into chunks
- 4 cups water
- 1 pc chicken bouillon cube
- 2 Tbsp butter
- 4 cloves garlic, crushed
- 1/4 cup onion, red, chopped
- 200 g chicken, breast fillet, cut into strips
- 1 Tbsp patis
- 1/2 pack DEL MONTE Elbow Macaroni (200g), raw
- 1/3 cup Baguio beans, sliced 1/2-inch thick crosswise
- 1/8 tsp pepper
- 1/2 cup milk, evaporated
- 1/4 cup cheese spread

Preparation:

1. In a pan, cook bacon without oil for 7 minutes. Discard oil, crumble bacon and set aside.
2. Boil carrot in water with chicken bouillon cube broth for 10 minutes or until very tender. Remove carrot and mash, reserve stock and set aside.
3. In pan, sauté garlic, onion and chicken in butter. Add patis and DEL MONTE Elbow Macaroni. Sauté for 2 minutes. Add reserved stock, cover and simmer for 8 minutes.
4. Add Baguio beans, mashed carrot and pepper. Simmer for 3 minutes, then add milk and cheese spread. Simmer for 2 minutes. Top with bacon. Ladle into bowls.

Chef's Tip

Good soup starts with a good base stock. To make a good chicken stock, simmer chicken bones with enough water to cover the bones. Add onions, celery, and carrots then simmer for 30 - 45 minutes.

Lusog Notes

This soup is high in vitamin A and niacin. Vitamin A helps maintain healthy skin and promotes normal growth and development while niacin helps enzymes work properly in the body.

Cooking Skills Needed

- Mashing
- Simmering
- Boiling
- Slicing

- Sautéing

Cooking Tools

- Measuring Spoon
- Spatula
- Chopping Board
- Wooden Spatula
- Pot

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