

Carrot Soup

Machine: Vita-Prep® 3

Container: 64-ounce Standard

185 g chopped carrots

60 g chopped red bell pepper

1 garlic cloves, peeled

¼ onion (25 g), quartered

2 g ginger, peeled, chopped

4 sprigs cilantro

½ teaspoon garam masala

15 ml extra virgin olive oil

½ vegetable bouillon cube

480 ml hot tea water (175°F)



Carrot Soup

1. Toss the carrots, pepper, garlic, onion, ginger, cilantro, and garam masala with the oil and place on a sheet tray.
2. Roast in 350°F (167°C) preheated oven for 25 to 30 minutes, or until tender.
3. Set mixture aside to cool completely. Once cooled, add bouillon cube and mixture into a vacuum seal bag and seal completely. Place bag into freezer.
4. When ready for service, remove bag from freezer and allow 24 to 48 hours to thaw under refrigeration.
5. Place the thawed carrot mixture into the Vitamix container, carefully pour the hot tea water into the container, and secure the lid. Select Variable 1. Start the machine and slowly increase to its highest speed.
6. Blend for 1 minute 30 seconds. Serve immediately.

Amount Per Serving:

Calories 70, Total Fat 4.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 200mg, Total Carbohydrate 8g, Dietary Fiber 2g, Total Sugars 4g, Protein 1g



VITA-PREP® 3

Professional chefs and culinary schools around the world trust the Vita-Prep® 3 for its exceptional power, versatility, and performance.

- Newly designed 3 peak output HP motor features improved thermal capabilities, providing the power and dependability required in the most demanding commercial kitchens.
- Sturdy, intuitive controls minimize training time, improve grip, and stand up to back-to-back blends.
- Variable Speed Control delivers a full range of precise textures.
- Advanced cooling fan provides optimum reliability during peak hours of operation.
- Start/stop switch automatically returns to a neutral position, helping to prevent unintentional start-ups.