

CARROT AND SQUASH SOUP WITH GINGER

Servings: 4 (5 cups)

INGREDIENTS

2 tbsp olive oil (30 mL)
½ yellow onion (80 g), diced
1 tsp salt (5 mL)
½ tsp pepper (2.5 mL)
½ tsp ground cumin (2.5 mL)
1 ½ tbsp fresh ginger (9 g), chopped
4 cups butternut squash (560 g), peeled and cubed
3 carrots (180 g), peeled and diced
2 cups of water (500 mL)
PhenylAde® GMP MIX-IN/TYR Lophlex® GMP MIX-IN, 1 pouch added to an individual serving (see directions)

DIRECTIONS

1. In a stock pot, heat the olive oil on a medium setting. Add the onion, salt, pepper, and cumin and mix. Let the flavours blend for 2-3 minutes.
2. Add the ginger and sauté for another minute.
3. Add the squash, carrot and water. Stir, put on a lid, and bring to a boil. Once boiling, cook on medium heat setting for 30 minutes or until the squash and carrot are soft.
4. Blend in a blender or with an immersion blender until smooth.
5. Separate your portion and add 1 pouch of **PhenylAde/TYR Lophlex GMP MIX-IN** to cooled down ready-to-eat soup. Whisk until uniform.

NUTRITION INFORMATION

Per recipe (5 cups)		Per serving (1 ½ cups)	
Calories	612 kcal	Calories	153 kcal
Protein	8.7 g	Protein	2.2 g
Phenylalanine	368 mg	Phenylalanine	92 mg
Tyrosine	294 mg	Tyrosine	74 mg

Adding 1 pouch of **PhenylAde GMP MIX-IN** per serving will add 42 calories, 10 g PE and 15.3 mg of PHE.

Adding 1 pouch of **TYR Lophlex GMP MIX-IN** per serving will add 40 calories, 10 g PE, 18 mg of PHE and 3.5 mg of TYR.

Do not heat, bake or add PhenylAde/TYR Lophlex GMP MIX-IN to food or beverages above 54°C (130°F).

The protein content indicated in the recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. Always consult your metabolic dietitian before making any changes to your low-protein diet.

PhenylAde GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.

TYR Lophlex GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

Recipe and food photography by Akeela Jakhura

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