

A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

It is well-known that sugar adds sweetness, but sugar also boosts other flavours within foods. In these recipes, small amounts of sugar enhance the flavours of the vegetables and contribute to the vibrant colours of these soups, making them a visually-appealing way to increase your daily servings of vegetables.

CREAMY CARROT SOUP

Sugar functions as a seasoning by enhancing the flavour of the carrots and helping to balance the flavours of the spices in this nutritious soup.

3 cups	water	750 mL
4 cups	carrots, sliced in circles	1 L
½ cup	onion, chopped	125 mL
2 cloves	garlic, minced	2 cloves
2 tbsp	brown sugar	25 mL
1	bouillon cube	1
1 tsp	curry powder	5 mL
⅛ tsp	ground ginger	0.5 mL
1 ½ cup	2% milk	375 mL
⅓ cup	green onions or chives, chopped (for garnish)	75 mL



Nutrition Facts

(per 250 mL):

Calories: 100

Carbohydrate: 17 g

Fat: 1.5 g

Protein: 3.5 g

In a large saucepan bring water to a boil. Add all remaining ingredients except the milk. Reduce heat and simmer for 40-45 minutes, or until carrots and onion are very tender. Remove from heat and pour mixture into food processor or blender to puree; return to saucepan. Reduce to low heat and stir in milk, heating until warm but not boiling. Serve warm. If desired, garnish with chopped green onions or chives. Makes 6 servings.

A Balancing Act

The best strategy for maintaining a healthy body weight is to balance **Calories In** with **Calories Out**. Too many calories in or too few calories out can contribute to weight gain.

Calories in come from food and drinks that contain carbohydrates (starches and sugars), fat, protein and alcohol. Sugars, like other carbohydrates, contribute calories. However, in terms of body weight, there is nothing unique about calories from sugar. Decreasing or avoiding specific foods will not prevent weight gain or lead to weight loss.

Calories out are the calories used to maintain bodily functions and perform daily tasks and physical activity. Regular physical activity is the best way to increase the amount of calories your body uses.

THICK AND TASTY TOMATO SOUP

A couple of teaspoons of sugar lowers the acidity of the tomatoes and brightens the colour of this thick and flavourful soup, which can also be used as a marinara sauce for pasta.

1 tbsp	olive oil	15 mL
1	medium white onion, chopped	1
2 cloves	garlic, minced	2 cloves
1	28 oz can crushed tomatoes	796 mL
2 tbsp	fresh basil, chopped (1 tbsp dried)	25 mL
1 tbsp	fresh parsley, chopped (1/2 tbsp dried)	15 mL
2 cups	chicken or vegetable stock	500 mL
1 cup	water	250 mL
2 tsp	sugar	10 mL
1 tbsp	balsamic vinegar	15 mL
¾ cup	reduced fat sour cream or 5% cream	175 mL

salt and freshly ground pepper to taste

Heat oil over medium heat in a large saucepan. Add onion and garlic and sauté for 8 minutes. Add tomatoes, basil, parsley, stock, water, sugar and vinegar. Simmer for 30 minutes over low heat. Remove from heat and cool slightly. Purée soup in saucepan using an immersion blender or by transferring batches to a blender or food processor. Return to saucepan, stir in sour cream or cream, season with salt and pepper and simmer until heated. Makes 7 servings.



Nutrition Facts

(per 250 mL):

Calories: 120

Carbohydrate: 14 g

Fat: 5 g

Protein: 4 g



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Nutrition Information Service

The Canadian Sugar Institute (CSI) *Nutrition Information Service* provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

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