

Curried Carrot & Apple Soup

This colorful soup is both simple and delicious.
Use apples that cook up soft; McIntosh are great.



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped (2 cups)
- 1 stalk celery, finely chopped
- 1 tablespoon curry powder
- 5 large carrots, peeled and thinly sliced (3 cups)
- 2 large McIntosh or other apples, peeled and coarsely chopped (3 cups), peeled and coarsely chopped (3 cups)
- 1 bay leaf
- 4 ½ cups reduced-sodium chicken broth
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons low-fat plain yogurt for garnish (optional)
- 1 tablespoon chopped fresh parsley, dill or basil for garnish (optional)

Instructions

1. Heat oil in a large saucepan or medium soup pot over medium heat. Stir in onion and celery; cook until the onion is softened and translucent, 8 to 12 minutes; do not brown.
2. Stir in curry powder, then add carrots, apples and bay leaf. Stir well over medium heat for 2 minutes, then add broth and salt. Bring the mixture to a low boil, then reduce the heat to low. Cover tightly and simmer until the carrots and apples are tender, 20 to 25 minutes.
3. Remove the bay leaf. Using a large slotted spoon, transfer the soup solids to a food processor, adding about ½ cup of the broth; process to a smooth puree. Pour the puree back into the soup. Reheat and season with pepper. Serve piping hot, garnishing each serving, if you like, with a dab of yogurt and a sprinkle of fresh herbs.

Nutrition Per Serving

71 Calories, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 12 g, Fiber: 3 g, Total Sugars: 7 g, Added Sugars: 0 g, Protein: 3 g, Sodium: 421 mg, Potassium: 348 mg, Folate: 20 mcg, Calcium: 27 mg

Carbohydrate Servings: 1

Yield:

8 servings,
generous
¾ cup each

Active Time:

40 minutes

Total Time:

1 hour

Make Ahead Tips:



Cover and refrigerate for up to 2 days or freeze for up to 3 months.