



Hot or Cold Curried Carrot and Apple Soup

INGREDIENTS

- | | |
|---|--|
| 1 TBSP butter | 1 large onion, chopped |
| 1 stalk celery, finely chopped | 1 medium leek, halved lengthwise and thinly sliced |
| Kosher salt and pepper | 1 TBSP curry powder |
| 1 TSP finely grated, peeled, fresh ginger | 5 large carrots, peeled and thinly sliced |
| 2 large apples, peeled and finely chopped | 3 cups vegetable broth |

DIRECTIONS

In a large saucepan or medium soup, pot melt the butter over medium heat. Stir in onion, leeks, and celery; cook until the onion is softened and translucent, 8 to 12 minutes; do not brown. Stir in curry powder, ginger, a generous pinch of salt and pepper, then add carrots and apples. Stir well over medium heat for 2 minutes, then add broth. 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. Using a large slotted spoon, transfer the soup solids to a food processor. Process to your desired consistency; less blending = coarse texture, more blending = smoother puree. Serve hot right away OR refrigerate overnight, letting the tastes meld together and serve cold. Garnish with a sprinkle of fresh herbs if desired. Makes approximately 4 servings; 125 calories each.