

EatingWell

Curried Parsnip & Apple Soup



This creamy parsnip and apple soup recipe has amazing flavor from the combination of curry powder, coriander, cumin and ginger. Be sure to use fresh curry powder when making this soup. Not sure if yours is fresh? Open the jar: the aroma should meet your nose immediately. Serve with flatbread or whole-wheat rolls.

Ivy Manning

Total: 1 hr 5 mins

Servings: 4



Ingredients

1 tablespoon extra-virgin olive oil
1 ½ pounds parsnips (about 5 medium), peeled, cored and chopped
1 large onion, finely chopped
3 medium cloves garlic, finely chopped
4 cups low-sodium chicken broth
1 cup water
1 medium russet potato (about 8 ounces), peeled and chopped
1 large Granny Smith apple, peeled and chopped
1 ½ teaspoons mild curry powder
1 ½ teaspoons ground coriander, plus more for garnish

Directions

Step 1

Heat oil in a large pot over medium-high heat. Add parsnips and onion and cook, stirring occasionally, until the onion begins to brown, 5 to 7 minutes. Add garlic and cook, stirring occasionally, until fragrant, 45 seconds. Add broth, water, potato, apple, curry powder, coriander, cumin and ginger; bring to a boil. Cover, reduce heat to medium-low and simmer until the vegetables are tender when mashed against the side of the pot with a wooden spoon, about 20 minutes.

Step 2

Puree the soup in the pot with an immersion blender until smooth. (Alternatively, blend the soup in batches in a blender with the lid slightly ajar. Use caution when blending hot liquids. Return the soup to the pot.) Add lemon juice, salt and pepper. Serve with dollops of yogurt swirled on top, garnished with pinches of coriander.

Nutrition Facts

Serving Size: 2 cups

Per Serving: 303 calories; protein 7.9g; carbohydrates 57.6g; dietary fiber 12.2g; sugars 19.1g; fat 5.8g; saturated fat 1.3g; cholesterol 6.4mg; vitamin a iu 51.6IU; vitamin c 41.1mg;

1 teaspoon ground cumin
½ teaspoon ground ginger
4 teaspoons lemon juice
½ teaspoon salt
¼ teaspoon freshly ground pepper
½ cup low-fat plain yogurt

folate 132.5mcg; calcium 151.8mg; iron 1.8mg; magnesium 75.8mg; potassium 1201.9mg; sodium 444.1mg; thiamin 0.3mg.

Exchanges: 3 starch, 1/2 fruit, 1/2 vegetable, 1/2 fat

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