

EatingWell

Hungarian Apple Soup

★★★★☆

Total: 35 mins**Servings:** 2

This savory apple soup for two gets body from Yukon Gold potatoes and a touch of heat from paprika. Float some cocktail shrimp or a mound of lump crabmeat in each bowl to make it a main course.

EatingWell Test Kitchen



Ingredients

2 teaspoons canola oil

1 medium tart apple, peeled and finely chopped

¾ cup diced peeled Yukon Gold potato

⅓ cup finely chopped yellow onion

¼ cup thinly sliced celery, plus leaves for garnish

¼ teaspoon salt

¼ teaspoon dried sage

Pinch of paprika, preferably hot Hungarian

Freshly ground pepper, to taste

1 14-ounce can reduced-sodium chicken broth

3 tablespoons reduced-fat sour cream

Directions

Step 1

Heat oil in a medium saucepan over medium heat. Add apple, potato, onion and celery; cook, stirring often, until the onion is translucent, about 5 minutes. Stir in salt, sage, paprika and pepper; cook for 30 seconds. Pour in broth and bring to a simmer. Reduce heat, cover, and gently simmer until the potato is tender when pierced with a fork, 10 to 15 minutes.

Step 2

Transfer the soup to a large blender or food processor, add sour cream and process until smooth. (Use caution when pureeing hot liquids.) Garnish with celery leaves, if desired.

Nutrition Facts

Serving Size: about 1 1/2 cups

Per Serving: 189 calories; protein 5.5g; carbohydrates 26.3g; dietary fiber 3.3g; sugars 9.5g; fat 7.6g; saturated fat 2.1g; cholesterol 8.8mg; vitamin a iu 224.6IU; vitamin c 20.3mg; folate 20.5mcg; calcium 41.3mg; iron 1mg; magnesium 12.6mg; potassium 352.1mg; sodium 784.8mg.

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

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