

Apple Fennel Soup

Welcome the start of autumn with this delicious and comforting soup recipe including seasonal vegetables.

Makes: 4 Servings
 Prep Time: 15 minutes
 Cook Time: 20 minutes

Source:
<https://extension.purdue.edu/foodlink/recipe.php?recipe=Apple%20Fennel%20Soup>

Ingredients

- 2 medium golden delicious apples (peeled, cored, and chopped)
- 1 cup carrots (thinly sliced)
- 1 small onion (thinly sliced)
- 1/2 cup fresh fennel (chopped)
- 2 cups water
- 1 14-ounce can low-sodium chicken broth
- 1/2 cup dry white wine
- 1 bay leaf
- 1/4 teaspoon dried thyme
- 6 whole black peppercorns
- low-fat plain yogurt (optional)

Directions

1. In a large pot, combine all ingredients (except yogurt, if using). Bring to a boil over high heat.
2. Reduce the heat, cover, and simmer for 20 minutes.
3. Pour the soup through a strainer set over a large bowl.
4. Remove the bay leaf.
5. In blender or food processor, carefully puree the vegetable mixture until smooth.
6. Add the soup liquid and pulse until blended.
7. Reheat the soup, if necessary.
8. To serve, ladle the soup into bowls and top with dollops of yogurt, if desired.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	82
Total Fat:	0.3g
Saturated Fat:	0.2g
Cholesterol:	2mg
Sodium:	80mg
Total Carbohydrates:	14g
Dietary Fiber:	3g
Total Sugars:	6g
Added Sugars:	2g
Protein	2g

Utensils Needed

- Sharp knife
- Cutting board
- Veggie peeler
- Apple Corer
- Strainer
- Measuring spoons
- Measuring cups
- Blender or food processor



SHOPPING LIST

Average total cost without oil and seasonings: \$13.92

Average cost/serving: \$3.48

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Golden delicious apples



Add 1 to Cart
Carrots, 1 bunch



Add 1 to Cart
Onion



Add 1 to Cart
Fresh fennel



Add 1 to Cart
Low sodium chicken broth,
14 oz can



Add 1 to Cart
Dry white cooking wine

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Refrigerate soup within 2 hours of cooking.
- To choose good fennel, look for plump, heavy bulbs with firm, bright green stalks and fronds, and avoid any with soft spots, discoloration, or a shriveled appearance.

Similar Recipes

- Fennel and Apple Slaw
- Brussel Sprouts with Apples and Onions

