

Hungarian Apple Soup



Servings 2

Ingredients

- 2 teaspoons oil
- 1 medium tart apple, peeled and finely chopped
- ¾ cup diced peeled potato
- ⅓ cup finely chopped onion
- ¼ cup thinly sliced celery
- ¼ teaspoon salt
- black pepper, to taste
- 1 14-ounce can chicken broth or vegetable broth
- 3 tablespoons plain yogurt

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 (or use an immersion blender), add yogurt and process until smooth.

Nutrition Facts

Serving Size: About 1 1/2 Cups

Per Serving: 189 calories; 7.6 g total fat; 2.1 g saturated fat; 9 mg cholesterol; 785 mg sodium. 352 mg potassium; 26.3 g carbohydrates; 3.3 g fiber; 10 g sugar; 5.5 g protein; 225 IU vitamin A; 20 mg vitamin C; 41 mg calcium; 1 mg iron; 13 mg magnesium