Hungarian Apple Soup

Servings 2

Ingredients

• 2 teaspoons oil
• 1 medium tart apple, peeled and finely chopped
• ¾ cup diced peeled potato
• ½ 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

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