

## Carrot Apple Soup



### Prep:

8 minutes

### Total:

45 minutes

### Makes:

4 - 6 full servings

### Utensil:

4 Qt./3.8 L Roaster with Cover

Bake and Roast Pan (9 x 13)

### Rate Recipe:

Select rating Give Carrot Apple Soup 1/5 Give Carrot Apple Soup

2/5 Give Carrot Apple Soup 3/5 Give Carrot Apple Soup 4/5 Give

Carrot Apple Soup 5/5

### Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

[Write a Review](#)

### Recipe Description:

Not only is this soup loaded with antioxidants and beta carotene ? but it is colourful, sweet and you can even eat it cold! For added nutrition and a balanced meal, serve with some brown rice and steamed green vegetables such as swiss chard, kale, or broccoli.

You can learn more about Marni by visiting her Facebook and Twitter page, or [www.marniwasserman.com](http://www.marniwasserman.com).

1  
medium  
onion

4 - 6

cups

vegetable stock or filtered water

(950 mL - 1.4 L

2

cups

carrots, chopped

(256

g)

2

parsnips, chopped

1 - 2

cups

sweet potatoes, yams, butternut squash or kabocha, peeled and  
diced

(140 - 280

g)

2 - 3

medium

apples, cored and diced (Asian pear, braebun or fuji)

<sup>1</sup>?<sub>2</sub>

teaspoon

sea salt

(3

g)

<sup>1</sup>?<sub>2</sub>

teaspoon

pepper

(3

g)

<sup>1</sup>?<sub>2</sub>

teaspoon

cinnamon

(1

g)

1

teaspoon

turmeric

(2

g)

1

teaspoon

nutmeg

(2

g)

2

tablespoons

fresh ginger root (optional)

(12

g)

## Directions:

1. Sauté onions in roaster over medium heat until they become translucent.
2. Add the stock, carrots, parsnips, sweet potatoes, apples, salt, pepper, cinnamon, turmeric, nutmeg and ginger, if desired. Cover and cook.
3. When Vapo-Valve? clicks steadily, reduce heat to low and simmer for 30 minutes.
4. Take 2 ladles worth of vegetables and 1 ladle of stock and blend in a blender or food processor until smooth; or you can puree the soup directly in the roaster.
5. Return blended soup to roaster and stir together before serving.

## Tips:

- For extra flavour ? try roasting the root vegetables on the Bake and Roast Pan (9x13) in the oven for 45 minutes to an hour (at 350°F/180°C).

### Nutritional Information per Serving

**Calories:**

184

**Total Fat:**

1g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

771mg

**Total Carbs:**

45g

**Dietary Fiber:**

9g

**Sugar:**

18g

**Protein:**

3g

Analysis based on 6 servings