Parsnip and Apple Soup

This delightful soup will keep you feeling warm without added fat and calories, and is a creative way to add fruits to a hearty dish!!

Ingredients:
- 2 large apples, peeled and chopped
- 1/2 medium yellow onion
- 2 large parsnips, peeled, and sliced into 1-inch pieces
- 1 32 ounce box of low sodium chicken broth
- 1/2 cup unsweetened applesauce
- 4 tablespoons light sour cream, if desired
- 4 small sprigs parsley, if desired
- Dash of cinnamon, if desired

Directions:
1. Boil apples, onion, and parsnips in chicken broth for 30 minutes or until tender.
2. When the apples and parsnips are fully cooked, remove from heat and add applesauce.
3. Using food processor or immersion blender, puree all of the ingredients together until soup is desired consistency.
4. Ladle into bowls and garnish with 1 tablespoon of sour cream, parsley, and dash of cinnamon if desired.

Prep time: 15 minutes  
Cook time: 40 minutes
Serving Size: about 1 1/2 cups  
Number of Servings: 4

Tip: Add sweet potatoes or carrots to the recipe to increase the flavor and boost the nutrient content!

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>179</td>
</tr>
<tr>
<td>Total fat</td>
<td>4.1g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.8g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>6.2mg</td>
</tr>
<tr>
<td>Protein</td>
<td>6.1g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>32.1g</td>
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<tr>
<td>Dietary Fiber</td>
<td>5.9g</td>
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<tr>
<td>Sodium</td>
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</tbody>
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