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# Curried Carrot and Apple Soup

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 1 h

## Ingredients

- 1 tablespoon oil, olive, extra virgin
- 1 large onion(s), chopped (2 cups)
- 1 stalk(s) celery, finely chopped
- 1 tablespoon curry powder
- 5 large carrot(s), peeled and thinly sliced (3 cups)
- 2 large apple, McIntosh, or another type of apple, peeled and coarsely chopped (3 cups)
- 1 whole bay leaf
- 4 1/2 cup(s) broth, reduced-sodium chicken
- 1/4 teaspoon salt
- pepper, black ground, freshly ground, to taste
- 2 tablespoon yogurt, low-fat plain, for garnish (optional)
- 1 tablespoon parsley, fresh, or dill or basil, chopped for garnish (optional)

## Preparation

1. Heat oil in a large saucepan or medium soup pot over medium heat. Stir in onion and celery; cook until the onion is softened and translucent, 8 to 12 minutes; do not brown.
2. Stir in curry powder, then add carrots, apples and bay leaf. Stir well over medium heat for 2 minutes, then add broth and salt. Bring the mixture to a low boil, then reduce the heat to low. Cover tightly and simmer until the carrots and apples are tender, 20 to 25 minutes.
3. Remove the bay leaf. Using a large slotted spoon, transfer the soup solids to a food processor, adding about 1/2 cup of the broth; process to a smooth puree. Pour the puree back into the soup. Reheat and season with pepper. Serve piping hot, garnishing each serving, if you like, with a dab of yogurt and a sprinkle of fresh herbs.