

Portion Size: 1 1/2 Cup

Carrot Apple Soup with Yogurt Dill Sauce

Pureed carrots and apples with a yogurt dill sauce

Yield: 6 Servings

1 tbsp	Unsalted Butter, Solid
1 cup	Onions, Fresh, Chopped
4 cups	Diced Carrots, Fresh
1 tbsp	Crushed Garlic Cloves, Fresh
3 cups	Apples, cored and chopped
1 qt, 1 cup	Water
1 each	Whole Bay Leaf
1 tsp	Kosher Salt
6 oz	Plain Yogurt, Fat Free
2 tbsp	Dill, Fresh, Chopped
1 tbsp	Lemon Juice, Fresh



Melt butter in a pot and sauté onions and carrots for 3 minutes. Add garlic, apples, water and bay leaf. Bring to a boil and lower the heat to simmer until the carrots are tender, about 15 minutes. Discard the bay leaf and puree soup in a blender, taking the necessary precautions, until very smooth. Season with salt and blend for a few more seconds until very smooth. Meanwhile, mix together the plain yogurt, chopped fresh dill and lemon juice.

Chef Notes: For soup, think about apples that will work well for applesauce: sweet and soft - varieties such as Gala, Fuji and Pink Lady.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
132.6	3.3	26.8	2.4	501.5	1.3	5.5