

Carrot and Apple Soup

Recipe By Sara and Yossi

Goldstein



Cooking and Prep:  45
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Serves:  4

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Sukkot

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free

Source: Whisk by Ami
Magazine

Where we both come from (I'm from Chicago, Yossi is from London), it's almost always pretty chilly in the sukkah at night. We're usually bundled up in our winter coats! A warm creamy soup is a MUST to warm our bones. This bright carrot and apple soup is puréed in the blender for at least 5 minutes so it achieves pure smoothness. We topped it with some crunchy homemade za'atar croutons that you can make from leftover challah! Or feel free to use them in a salad! -Sara

Ingredients (11)

Main ingredients

- 2 tablespoons **Bartenura Olive Oil**
- 1 large onion, diced
- 1 large apple (I used Granny Smith), peeled and finely chopped

- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 1 and 1/2 teaspoons turmeric
- 1 and 1/2 pounds carrots, chopped into 1/2-inch pieces
- 4 cups **Empire Chicken Broth** or other vegetable or chicken stock
- salt, to taste
- pepper, to taste

For Serving

- Bartenura Olive Oil**, for drizzling
 - homemade croutons
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Start Cooking

Prepare the Soup

1. Heat olive oil in a pot. Add in the onion and apple. Cook for two to three minutes until softened.
2. Add garlic and turmeric. Cook until fragrant, about 30 seconds. Add carrots and stock, and cook for about 35 minutes, or until the carrots are soft.
3. Pour the soup into a food processor or blender and blend for around five minutes, then blend some more!
4. Return the soup to the pot and season with salt and pepper to taste.
5. Garnish with a drizzle of olive oil and croutons.