

FRESH RECIPES *from the* FOOD COOP

CURRIED APPLE AND LEEK SOUP

- 1 tablespoon margarine
- 2 teaspoons curry powder
- 3 leeks, chopped
- 3/4 cup diced potatoes
- 2 Granny Smith apples - peeled, cored and chopped
- 3 cups vegetable broth
- salt and pepper to taste
- 1/4 cup plain yogurt

DIRECTIONS

1. In a medium saucepan over medium heat, melt butter. Stir in curry powder and cook 1 minute. Stir in leeks, potato and apples and cook 5 minutes. Pour in broth and bring to a boil. Cover, reduce heat and simmer 20 minutes.
2. Puree in a blender or food processor, or using an immersion blender. Season with salt and pepper and serve with a swirl of yogurt.

NUTRITIONAL INFORMATION

Amount Per Serving Calories: 133 | Total Fat: 3.6g | Cholesterol: < 1mg
from Allrecipes.com

