



SECOND CHANCE FOODS

Apple Soup - Two Ways!



40 min

Cook & Prep Time



4

~1 cup servings



Vegan

Sweet Potato Soup with Apples

Ingredients:

- 2 Tbsp • Olive oil
- 1 • Onion
- 1 1/2 lb • Sweet potatoes (about 3 medium)
- 1 • Apple
- 3 • Garlic cloves
- 1 tsp • Ginger
- 1 tsp • Coriander
- 1/2 tsp • Paprika (smoked if able)
- 1 tsp • Apple Cider Vinegar
- 3-4 Cups • Broth/water
- 1 can • Coconut milk (reserve 1/4 cup)

Steps:

Prep

1. Chop onions, peel and cube sweet potatoes and apple, grate ginger and garlic.

Soup!

1. Heat oil in a soup pot over medium heat. Add onions and 1tsp or less of salt. Sauté until soft then add sweet potatoes and apples stir occasionally until soft (8-10 min).
2. Stir in garlic, ginger, coriander, and paprika.
3. Add Apple Cider Vinegar, 3 cups of broth or water, and coconut milk (reserving 1 cup broth and 1/4 cup coconut milk).
4. Bring to a boil, cover, and reduce to simmer until potatoes are tender. About 20-30 minutes.
5. Let cool if using a blender and transfer in batches, blending until smooth (or use immersion blender off heat). Add reserved broth or water as needed to desired consistency. Taste and season with salt and pepper. Serve with remaining coconut milk.

Curried Carrot & Apple Soup

Ingredients:

- 2 Tbsp • Olive Oil
- 1 lb • Carrots (5-6)
- 3 stalks • Celery
- 2 • Apples
- 1 lb • Potatoes (see note)
- 1 1/2 tsp • Curry powder
- 1/4 tsp • Red pepper flakes
- 1 can • Coconut milk
- 3+ cups • Stock
- 2 Tbsp • Lime juice
- Salt & pepper to taste

Steps:

Prep

1. Chop carrot and celery, peel and cube apple and potatoes.

Soup!

1. Heat oil in a soup pot over medium heat. Add carrots, apple, celery and potatoes. Add large pinch of salt and cook 5-10 min until vegetables sweat but don't stick to pan.
2. Stir in curry powder and red pepper and cook additional two minutes until spices are fragrant.
3. Add coconut milk and stock- simmer until vegetables soften about 15-20 min.
4. Let cool if using a blender and transfer in batches, blending until smooth (or use immersion blender off heat). Add extra broth or water as needed to desired consistency. Stir in lime juice and taste to season with salt and pepper.

Kitchen Notes

Substitutions- We love that both soups are nourishing, delicious, and vegan by design but if you don't have coconut milk at home and don't want to make the trip to the store you can always use something you have on hand like greek yogurt, heavy cream, unsweetened/unflavored soy or almond milk, or even evaporated milk.

What Kind of Potato? What Kind of Apple? Short answer, whatever is available! Russet and baking potatoes when blended create a creamier soup because of their starch content. But, other varieties will still be tasty. A green or tart apple does pair nicely with the curried spices - a sweet variety works too! So, don't forget to experiment, use what you have on hand, and stay flexible.

Garnish - Something we don't get to do is add garnishes to our soups - but you can at home before serving! Some suggestion include nuts pepitas or walnuts, fresh herbs like cilantro or parsley - even the tops of celery work- red pepper flakes, and a fresh swirl of reserved coconut milk. Garnishes are a fun way to add texture to smooth soups and utilize small amounts of pantry items.