

Apple Curry Soup

Makes four large servings

This spicy and creamy soup is the perfect way to enjoy the tastes of fall and support your immune system at the same time. The tart apples are mellowed with the richness of the potatoes and shiitakes while the spices give this soup a little kick. You can buy already made curry powders or blend one yourself. Because so many nutrients are found in the skins of potatoes and apples, I did not peel them.

What you'll need...

- 3 tablespoons butter
- 1 onion, minced
- 1 tablespoon minced fresh ginger
- 2 tablespoons curry powder
- 2 teaspoons freshly ground pepper
- 2 small apples cubed into small pieces (I like the more tart apples like McIntosh)
- 2 medium potatoes, cubed into small pieces (I like Yellow Finn potatoes)
- 1 quart vegetable or chicken broth
- 1 cup coconut milk
- Salt to taste (I added about 2 teaspoons)
- 2 handfuls fresh shiitakes, cut into quarters (If using dry shiitakes, rehydrate the mushrooms in hot water and then cut to size)
- Parsley for garnish (optional)



- 1 Begin by melting the butter over medium heat in a medium saucepan.
- 2 Add the minced onion and sauté until translucent.
- 3 Add the fresh ginger, curry powder, and freshly ground pepper. Stir for one minute or until the spices are fragrant.
- 4 Add the apples, potatoes, broth, and coconut milk. The liquids should just cover the potatoes and apples.
- 5 Bring it to a simmer and cook until the potatoes are tender, 15 to 20 minutes. Add salt to taste.
- 6 Remove from heat and let cool slightly.
- 7 Using an immersion blend or a regular blender, purée the soup until smooth.
- 8 Return the soup to the pan and add the shiitakes.
- 9 Simmer for 10 minutes or until shiitakes are cooked. Stir frequently.
- 10 Add salt and pepper as desired. Optional parsley for garnish.