

Carrot-Apple Soup



The apple in this simply, scrumptious soup will make the sweet carrots and onions even sweeter. These are all fall and winter ingredients—which makes this the perfect holiday starter



“Carrots are packed with vitamins whether as a healthy snack or a great addition to a winter soup.”

Deval Patrick
Governor of Massachusetts

ADULT: YES | HANDS-ON TIME: 35 MINUTES | TOTAL TIME: 2 HOURS | MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
Sharp Knife
(adult needed)
Measuring spoons
Pot with cover
Wooden spoon
Measuring cup
Blender or food processor
(adult needed)

INGREDIENTS

1 tablespoon olive or canola oil
1 medium onion, peeled and chopped
2 pounds carrots, peeled and sliced
1 apple, cored and chopped
8 cups chicken or vegetable broth
½ cup Greek or plain low-fat yogurt (if you want to make it creamy)

INSTRUCTIONS

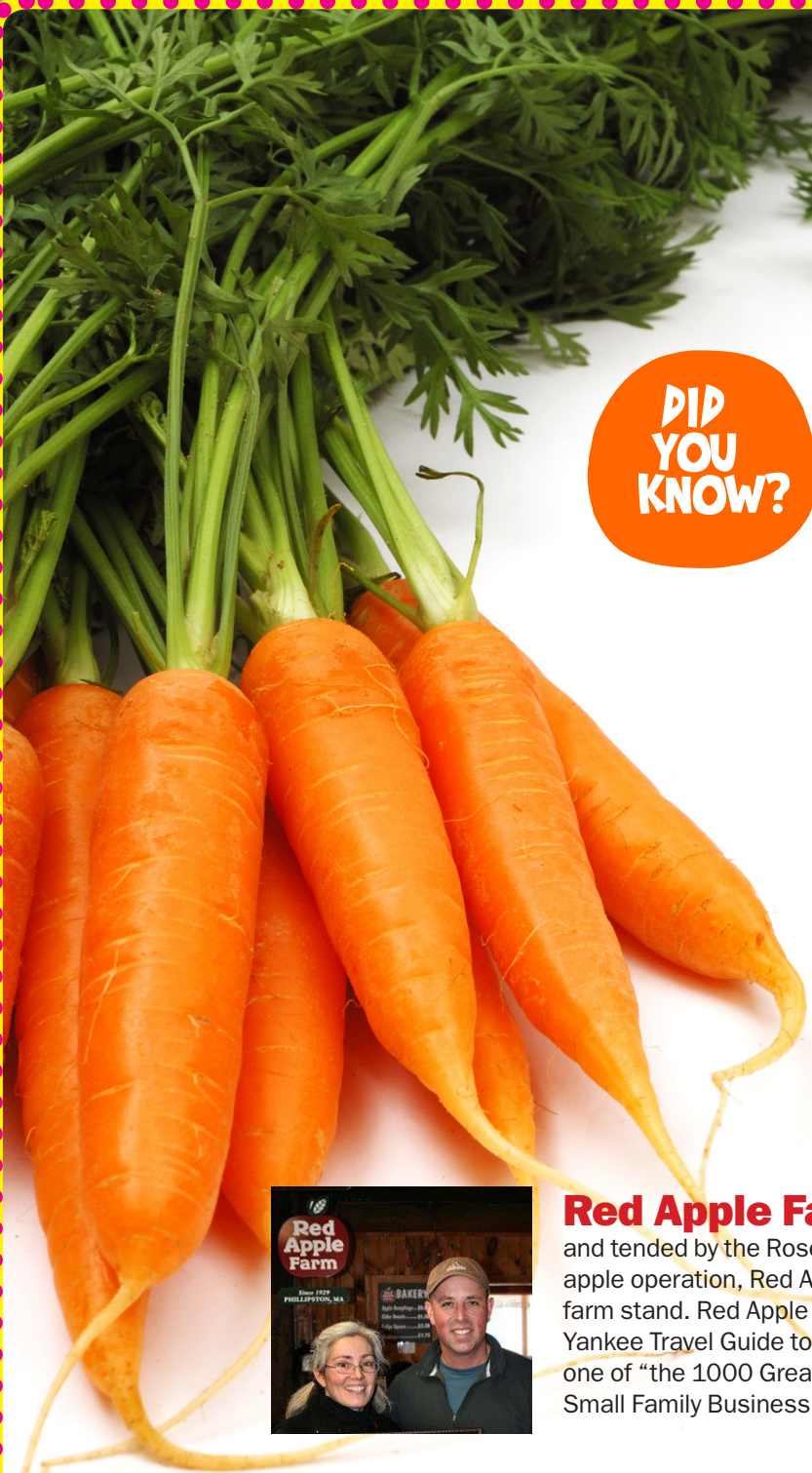
1. Put the soup pot on the stove and set it to medium heat. When it is hot, carefully add the oil.
2. Add the onion, carrots and apple and cook, covered, until the vegetables are beginning to soften, about 15 minutes. Use the wooden spoon to stir them occasionally while they cook.
3. Raise the heat to high, add the chicken stock, and bring to a boil. Lower the heat to low, and cook until the carrots are completely tender, about 20 minutes. Set aside to cool for 20 minutes.
4. Remove the solids and put in the blender or food processor. Process until smooth. Add the yogurt, if you like, and process again, then stir this mixture back into the soup in the pot.
5. Serve right away or cover and refrigerate up to three days.

Try This:

The greens of regular carrots are edible and can be used as an herb to season your carrot dishes. Try snipping some onto your soup and see if you like it! (But store carrots with the greens trimmed off so that they don't sap all the nutrients from the roots.)

Safety Tip

Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



DID
YOU
KNOW?

VITAMIN-RICH CARROTS

CAN BE EATEN RAW,
COOKED, OR JUICED
AND THEY'RE SO
SWEET, THEY CAN
EVEN BE GRATED INTO
COOKIES AND CAKES.

"Never bolt your door with a **boiled carrot**"
is an old (and sensible) Irish proverb.

The root of the **Queen Anne's Lace** flower
is actually a type of **wild carrot**.



Red Apple Farm, located in scenic Phillipston, has been owned and tended by the Rose family for four generations. Once primarily a wholesale apple operation, Red Apple Farm is now an old-fashioned pick-your-own farm and farm stand. Red Apple Farm has been twice selected as an editor's choice for the Yankee Travel Guide to New England. In 2010, Red Apple Farm was selected as one of "the 1000 Great Places in Massachusetts" and was awarded the 2010 Small Family Business by the Family Business Association of Massachusetts.



**Mass
in Motion**

Better health. It's your move. ©

www.mass.gov/massinmotion

To subscribe to

CHOPCHOP

THE FUN COOKING
MAGAZINE FOR FAMILIES

go to www.chopchopmag.org



Massachusetts
grown...and fresher!™

www.mass.gov/massgrown

new balance
FOUNDATION

Kids in Motion. Communities in Action. Lives in Balance.

DON'T MISS A RECIPE!

Sign up to get each month's free ChopChop newsletter in your email inbox at www.mass.gov/massinmotion/chopchop