

Winter Harvest Vegetable Soup

Stay warm during winter with this rich and earthy blend of vegetables and tartness of apples. You can even add any type of meat or beans to add protein in it.

TOTAL TIME: Prep: 25 min. Cook: 50 min.

Yields: 12 servings

Ingredients

- 3 medium carrots, halved and thinly sliced
- 3/4 cup chopped celery
- 1 medium onion, chopped
- 2 green onions, thinly sliced
- 2 tablespoon olive oil
- 1 garlic clove, minced
- 7 cups reduced-sodium chicken broth or vegetable broth
- 3 cups cubed peeled potatoes
- 2 cups cubed peeled butternut squash
- 2 large tart apples, peeled and chopped
- *2 medium turnips, peeled and chopped*
- 2 parsnips, peeled and sliced
- 1 bay leaf
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- Additional thinly sliced green onion, optional



<http://recipeofhealth.com/recipe/winter-harvest-vegetable-soup-739765rb>

Directions

1. In a Dutch oven over medium heat, cook and stir the carrots, celery and onions in butter and oil until tender. Add garlic; cook 1 minute longer.
2. Add the broth, potatoes, squash, apples, turnips, parsnips and bay leaf. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.
3. Stir in the basil, thyme and pepper; simmer 15 minutes longer or until vegetables are tender. Discard bay leaf before serving. Garnish with additional green onions if desired. **Yield:** 12 servings (3 quarts).

Nutrition Facts

Per Serving Per 100 g

Amount Per 1 Serving

Calories	85.42 Kcal (358 kJ)		⊖
Calories from fat	19.5 Kcal		
% Daily Value*			
Total Fat	2.17g	3%	⊖
Cholesterol	2.58mg	1%	⊖
Sodium	372.67mg	16%	⊕
Potassium	436.83mg	9%	⊕
Total Carbs	13.92g	5%	
Sugars	4.33g	5%	⊖
Dietary Fiber	2.5g	10%	⊕
Protein	3.17g	6%	
Vitamin C	12.7mg	17%	
Vitamin A	0.1mg	9%	
Iron	0.8mg	6%	
Calcium	51.1mg	5%	

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.