

Apple, Potato and Cheddar Soup

**Servings:**

Serves 8

Nutrition Information:

Protein: 18g; Fat: 29g; Carbohydrate: 17g; Fiber: 2g; Sodium: 848mg; Cholesterol: 81mg; Calories: 398.

Ingredients:

2 tablespoons vegetable oil
3 medium Granny Smith apples, peeled, cored, and chopped
1 potato, red or white, peeled and chopped
1 stalk celery, chopped
1/4 cup finely chopped onion
1/8 teaspoon ground thyme
1/4 cup white wine
5 cups chicken broth
4 cups grated cheddar cheese
1/2 cup heavy cream
1/8 teaspoon nutmeg
1/8 teaspoon white pepper
Diced unpeeled apple (optional)

Method:

1) In large saucepot, heat oil. Add apples, potato, celery, onion, and thyme. SautT 10 minutes. Stir in wine and simmer 2 minutes; add broth and simmer 45 minutes.
2) In blender or food processor, puree soup mixture. Return to saucepot; over very low heat, stir in cheese, cream, nutmeg, and pepper. Cook just until heated through--do not boil or cheese will curdle. Ladle soup into serving bowls and garnish, if desired, diced apples.