



**Nova Scotia
Apples**
Pick An Original



Apple Harvest Soup

Yield: 5-6 servings

- 4 Nova Scotia apples, peeled and chopped
- 2 tbsp vegetable oil
- 1 tbsp butter
- 1 large onion, chopped
- 4 cups squash, cubed
- 2 large carrots, sliced
- 2 parsnips, sliced
- 1 cup apple juice or cider
- 3 cups chicken or vegetable stock
- 1/4 tsp pepper
- 1/2 tsp curry
- 1 cup milk

Heat the oil and butter in saucepan, add the onion and apples and sauté over medium heat for 5-10 minutes, until soft. Add the squash, carrots, parsnips, apple juice, stock and spices. Cover pan and simmer for 25 minutes. Pureé the vegetables in a blender or food processor. Return pureé to saucepan, add milk and bring almost to boil. Pour into serving bowls and top with a few thin apple slices.

Makes 5-6 servings.

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