

Apple Fennel Soup

Prep	Cook	Total
10 min	20 min	30 min

Serving: 4

The recipe calls for chicken stock which provides more protein but vegetable stock works just as well.

Full array of vitamins and minerals, high in potassium and vitamin A.

Ingredients

1 tablespoon coconut oil
1 medium onion *sliced*
1 fennel bulb *cored and sliced*
2 green apples *cored and chopped*
2 cups cubed butternut squash (*no need to peel*)
1 inch-long knob ginger *peeled and minced*
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{4}$ teaspoon fresh black pepper
4 cups chicken stock

Directions

Melt coconut oil in stock pot over medium heat. Add onion and cook, stirring occasionally, to soften. Add fennel and apple and cook to slightly soften.

Add squash, ginger, salt and pepper and stir to combine. Add broth, bring to a boil, then reduce heat to a simmer. Cook until all vegetables are tender.

Transfer to a blender and puree until smooth (work in batches if necessary). Return to pot, adjust seasoning to taste and heat through.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 240 Protein: 8 g Sugar: 17 g Carbohydrate: 38 g Fat: 7 g Cholesterol: 7 mg Sodium: 498 mg Fiber: 6 g