

Featured Vegetable

APPLES

Rich in Complex Carbohydrates for sustained energy, as well as Fiber and Vitamin C.



Apple and Turnip Soup

Ingredients	Directions
<ul style="list-style-type: none">● 2 tablespoons extra virgin olive oil● 1 medium onion, peeled and chopped● 2 cloves garlic, smashed● 1 1/2 pound turnips, peeled and diced● 1/2 pound Granny Smith apples (2 or 3), peeled and diced● 2 tablespoons packed dark brown sugar● 1 1/2 teaspoons kosher salt● 3/4 teaspoon cracked black pepper● 3/4 teaspoon cinnamon● 4 cups low sodium chicken or vegetable stock● 2-4 teaspoons coconut milk <p>Additional supplies:</p> <ul style="list-style-type: none">● Immersion blender or blender	<ul style="list-style-type: none">● Wash hands, wash everything!● Heat the oil in a large pot over medium-high heat. Add onions and garlic and saute until translucent.● Add the turnips, apples, sugar, salt, pepper, and cinnamon and saute until fragrant.● Add stock and bring to a boil.● Reduce the heat, partially cover, and simmer until the apples and turnips are fork tender, about 20 minutes.● Remove from heat and puree the soup in a blender.● Stir in the milk and serve.● Can be topped with additional apples and cinnamon.