Mulligatawny Soup
Makes 4 - 1½ cup servings

Ingredients:
- 1 tablespoon vegetable oil
- ½ cup onions, chopped
- 2 stalks celery, diced
- 1 large tart apple, peeled, cored, and chopped
- 1 sweet potato, peeled and finely chopped
- 1½ teaspoons dried parsley
- ½ teaspoon curry powder
- 2 tablespoons flour
- 4 cups reduced sodium vegetable or chicken broth
- 1 14.5 ounce can diced tomatoes, with juice
- 1 teaspoon lemon juice
- ¼ teaspoon black pepper
- 1 cup fat free or 1% low fat milk

Directions:
1. In a large stockpot, sauté onion and celery in oil until tender, 8-10 minutes.
2. Stir in apple, sweet potato, parsley and curry. Cook, stirring occasionally, for 5 minutes or until vegetables are tender crisp.
3. Sprinkle flour over mixture and stir well to blend.
4. Add broth, tomatoes and lemon juice.
5. Bring to a boil then reduce heat and simmer 15-20 minutes until all vegetables are tender.
6. Add black pepper and milk.

Source: Broome County Cornell Cooperative Extension

Nutrition Facts
4 servings per container
Serving size 1 1/2 cup (533g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 190</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
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<tr>
<td>Total Fat 4g</td>
<td>5%</td>
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<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 5mg</td>
<td>2%</td>
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<tr>
<td>Sodium 490mg</td>
<td>21%</td>
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<tr>
<td>Total Carbohydrate 33g</td>
<td>12%</td>
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<tr>
<td>Dietary Fiber 6g</td>
<td>21%</td>
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<tr>
<td>Total Sugars 16g</td>
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<tr>
<td>Includes 0g Added Sugars 0%</td>
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<tr>
<td>Protein 5g</td>
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</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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