Mulligatawny Soup

Ingredients:

1  Tbsp. vegetable oil
½  cup onions, chopped
2  ribs celery, diced
1  large tart apple, peeled, cored, and chopped
1  sweet potato, peeled and finely chopped
2  Tbsp. flour
½  teaspoon curry powder
4  cups reduced sodium vegetable or chicken broth
16  oz. can chunky tomatoes, with juice
1  teaspoon lemon juice
1½  teaspoons dried parsley
¼  teaspoon pepper
1  cup nonfat or 1/% lowfat 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 milk and black pepper.

Yields about 4 servings.

Source: Recipe from Broome County CCE

---

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 1/2 cup (544g)</th>
<th>Servings Per Container 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories 180</td>
<td>Calories from Fat 40</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 4g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium 600mg</td>
<td>25%</td>
</tr>
<tr>
<td>Total Carbohydrate 32g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
<td>20%</td>
</tr>
<tr>
<td>Sugars 16g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 110% • Vitamin C 35%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:
- 2,000: 2,500
- Total Fat: Less than 65g
- Saturated Fat: Less than 20g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: Less than 300g
- Dietary Fiber: Less than 25g
- Sugars: Less than 16g

22.2% calories from fat

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