

Curried Celery and Apple Soup

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A gourmet soup made from surprisingly simple ingredients, this savory Celery and Apple soup highlights zesty curry, sweet apples and tender celery for a unique and delicious meal any time. Hearty chunks of chicken swim in the savory and aromatic soup for a healthy, memorable and unforgettably delicious stew.

Ingredients:

1 Tbsp garlic, minced
2 Tbsp butter
¼ c. white miso paste
2 Tbsp ground cumin
2 Tbsp curry powder
1 tsp celery seed
1 Tbsp pepper
1 Tbsp sea salt
1 bunch celery, coarsely chopped
1 small apple, peeled, cored and chopped
1 c. chicken broth
2 large skinless, boneless chicken breasts, cut into bite-sized pieces
¼ c. water
Balsamic vinegar, for serving

Directions:

1. In large skillet melt butter over medium heat. Add garlic, miso paste, cumin, curry powder, celery seed, pepper, salt, celery and apple, and saute until celery begins to soften, about 5 minutes.
2. Carefully transfer ½ of the celery mixture into a blender. Add chicken broth and carefully puree mixture.
3. Transfer puree and remaining celery mixture to a large stock pot or dutch oven and set aside.
4. In skillet saute chicken until browned, approximately 5 minutes. Add water to skillet and bring to a boil, scraping any browned bits from the bottom of the pan with a wooden spoon, and stirring to combine. Transfer to dutch oven.
5. Bring to a simmer for 20-25 minutes until soup has thickened slightly. Serve hot, drizzled with balsamic vinegar.

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