

# Parsnip Apple Chowder

Makes: 6 servings



**Total Time: 45 minutes**

## Ingredients:

- 2 Tbsp. unsalted butter
- 2 Tbsp. olive oil or vegetable oil
- 4 large parsnips, peeled and cut into 1.2 inch cubes
- 1 large onion
- 3 cups or more low sodium chicken broth
- 1 medium Granny Smith apple, peeled and chopped
- 1 large yam, peeled and cut into 1.2 inch cubes
- 1/8 tsp. ground nutmeg
- ¼ cup 2% milk
- 2 punches watercress sprigs, tops trimmed and rinsed

## PREPARATION

1. In a large pot over medium heat, combine oil and butter. When the butter has melted, add parsnips and onion, cooking until onions are soft, about 5 minutes.
2. Add the 3 cups of broth and the apple. To the pot. Cover and simmer until parsnips are tender, about 12 minutes.
3. Puree about 2 cups of the parsnip mixture in a blender until very smooth. Add more broth if needed to thin the mixture. Return the puree to the pot.
4. Add the diced yams and the nutmeg to the pot. Cover and simmer until the yams are soft, about 12 minutes.
5. Reduce heat to low, stir in the milk and watercress tops. Continue to stir gently until the greens are wilted. Thin the soup with more broth or water if desired. Serve hot.

**Nutrition:** 216 calories; 10g fat (4g sat fat); 11mg cholesterol; 30g carbohydrates; 5g protein; 5g fiber; 65mg sodium