

Appetizer - Carrot and Sweet Potato Soup with Cranberry Relish

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RELISH:

1/4 cup fresh cranberries, coarsely chopped
3 tablespoons fresh orange juice
1 tablespoon chopped shallots (1 medium)
1/2 teaspoon sugar

SOUP:

2 large carrots, peeled and cut in 2-inch pieces (about 4 1/2 ounces)
1 large sweet potato, peeled and cut in 2-inch chunks (about 3/4 pound)
1 small onion, cut into 8 wedges (about 14 ounces)
1 tablespoon olive oil
4 cups organic vegetable broth (such as Swanson Certified Organic)
1 teaspoon finely grated fresh ginger
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

REMAINING INGREDIENT:

2 tablespoons chopped fresh flat-leaf parsley

To prepare relish, combine the first 4 ingredients in a small bowl; set aside.
Preheat oven to 400°.

To prepare soup, combine carrots, sweet potato, and onion on a jelly-roll pan; drizzle with oil. Toss to coat. Bake at 400° for 30 minutes or until vegetables are tender and just beginning to brown, stirring after 15 minutes.

Place vegetables, broth, and ginger in a Dutch oven over medium-high heat; bring to a boil. Cover, reduce heat, and simmer for 20 minutes.

Place half of vegetable mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour pureed mixture into a large bowl; repeat procedure with remaining vegetable mixture. Stir in salt and pepper. Ladle 1 cup soup into each of 4 bowls. Stir parsley into relish. Top each serving with 1 tablespoon relish mixture.

Yield: 4 servings

CALORIES 144 (24% from fat); FAT 3.8g (sat 0.5g, mono 2.7g, poly 0.4g); PROTEIN 2.1g;
CHOLESTEROL 0.0mg; CALCIUM 44mg; SODIUM 763mg; FIBER 3.4g; IRON 0.8mg;
CARBOHYDRATE 25.7g