

## **Silky Rutabaga Apple Soup**

Source: Foodland Ontario, [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)

Servings: 6 to 8

*1 medium local rutabaga (approx 2 lb/1 kg)*

*2 tbsp butter*

*1/3 cup chopped local shallots or green onion (white part only)*

*2 local apples, peeled, cored and cubed*




*4 cups vegetable or chicken stock*

*1/2 cup 10% cream or milk*

*1/4 cup local maple syrup*

*Salt and pepper*

*Paprika*

-  Peel and cube rutabaga and set aside. In large heavy saucepan, melt butter over medium-low heat; add shallots to saucepan; cook, stirring, over medium-low heat for 3 minutes or until softened but not browned. Add apples, stock and cubed rutabaga; bring to boil. Reduce heat and simmer, covered, for 35 minutes or until very soft.
-  Puree the soup (preferably with a handheld blender, or in batches in a blender/food processor). Stir in cream and maple syrup; add more stock or water if too thick. Season with salt and pepper to taste.
-  Reheat gently and serve in heated bowls. Garnish with sprinkle of paprika and a dollop of plain yogurt or sour cream.