



PREPARATION: 20 MINUTES

COOKING: 40 MINUTES

8 SERVINGS

APPLE-CAULIFLOWER SOUP WITH CHICKEN

INGREDIENTS

4 apples, peeled and quartered

4 cups of cauliflower, chopped

2 cups Spanish onion, diced

1/4 cup sunflower oil

1/4 cup cider vinegar

2 teaspoons ground cumin (or less)

**1/4 teaspoon crushed chilies (hot)
and/or freshly ground black pepper**

3 cups of water (approx.)

1/4 cup olive oil

**2 large chicken breasts, cut into strips
(Or 4 cups chopped cooked chicken)**

1 1/2 cup onion, sliced thin

1 apple, cored and sliced

1 teaspoon freshly ground black pepper

8 tablespoons sour cream (1 per serving)

Fresh juice of 1 lime (1/2 teaspoon per serving)

2/3 cup of chopped cilantro (or parsley)

Nutrient Analysis

PER SERVING (1/8 of recipe)
(3/4 cup soup + 3 oz chicken)

Renal exchange:
3 Protein + 1 Vegetable

Calories	338 kcals
Protein	24g
Carbohydrates	19g
Fiber	2.4g
Total Fat	19g
Saturated Fat	3.8g
Cholesterol	70mg
Sodium	74mg
Potassium	466mg
Phosphorus	208mg

SUGGESTION

*Soup as a meal, prepare in advance,
can be frozen in portions*

PREPARATION SOUP

- 1 Prepare apples and vegetables. In a four quart stock pot or heavy soup pot, over medium heat, cook the apples, onions and cauliflower in the sunflower oil, cover and stir regularly, until soft but not brown (15 minutes).
- 2 Remove lid and add vinegar and spices, cook for another 5 minutes.
- 3 Add the water (it should just cover the vegetables).
- 4 Bring to a boil, reduce heat slightly, simmer for 20 minutes then remove from heat. Blend until creamy when slightly cooled.

CHICKEN & TOPPING

- 5 While soup is simmering, in a large pan, heat the olive oil until very hot and sauté chicken with onions 5 minutes. Add apple slices and season with pepper, cook for an additional 5 minutes. Remove from heat and keep warm or refrigerate immediately if using later. IF USING COOKED CHICKEN: sauté apples and onions together, season with pepper and add chicken at the end of cooking time to warm through.
- 6 Serve each bowl of soup topped with some meat mixture. Garnish with sour cream, lime juice and cilantro.
- 7 The soup may also be enjoyed without the meat topping hot or cold. Simply top with sour cream, lime juice and cilantro or parsley.