



Apples are a popular fruit that are available in a variety of colors, sizes, and textures.

How to Use Them

Eat fresh apples raw or add to recipes for sweetness, flavor, and crunch.

How to Store Them

Apples can be stored at room temperature or in the refrigerator to preserve freshness. Wash just before use.

Why Eat Them?

Apples provide a good source of fiber and vitamin C, which may reduce the risk of heart disease and help prevent some cancers.

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Carrot and Apple Soup

Makes 6 servings



Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 medium leek, white part only, rinsed well and chopped
- 1 pound of carrots, peeled and cut into ½ inch rounds
- 1 apple, peeled, cored, and chopped
- 2 cups chicken broth
- Salt and ground black pepper, to taste
- 3 tablespoons fresh mint leaves, minced (optional)

Directions

Wash hands with soap and water.

1. In large pan or Dutch oven, heat oil over medium-high heat until hot. Add the onion and leek and saute for 4 minutes, until onion is translucent.
2. Mix in carrots and apple. Reduce heat to medium-low, cover, and cook for 5 minutes, stirring often.
3. Add broth, cover, and bring to a boil over high heat. Then, reduce heat to low and simmer for about 30 minutes, until carrots are soft. Remove from heat and set soup aside to cool slightly.
4. In a blender or food processor, puree soup in batches until smooth. Return soup to pan and heat before serving. If soup is too thick, add more broth as desired. Season to taste with salt and pepper. Serve immediately, garnishing with mint if desired.



Recipe adapted from [American Institute for Cancer Research](#).

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