

## APPLE POTATO SOUP

### *Ingredients:*

3 medium apples, peeled and diced  
3 large potatoes, peeled and diced  
2 vegetable or chicken bouillon cubes  
Spices (optional)

**Tip: use the potato peels to make vegetable broth. Add the peels to 2 cups of boiling water. Cook for about 30 minutes. Discard the peels and add the broth to your favourite soup.**

### *Instructions:*

- Add 4 cups of water to a medium saucepan. Bring to a boil and add the bouillon cubes. Mix well.
- Throw in the diced apples and potatoes (and any spices you like). Simmer for about 20 minutes.
- Turn off the heat. Mash the soup using a potato masher, or throw in the food processor to get a smoother consistency.
- Serve with our *Garlic Cheese Bread*.

Serves 4



### **Fact**

Fruits and vegetables are a great source of nutrients such as vitamins and minerals. One serving is as small as ½ cup!