

Harvest Cheddar Soup ▼

2 cups chicken broth
2 tablespoons white wine
¼ medium onion, peeled
1 celery stalk, halved
2 Granny Smith apples, quartered
(seeds removed)
2 potatoes, baked and quartered
⅛ teaspoon dried thyme
⅛ teaspoon nutmeg
Pinch of white pepper
1 cup shredded cheddar cheese

Recipe courtesy of Vitamix Whole Food Recipes
(www.vitamix.com)

Place all ingredients, except the cheese, into a blender container in the order listed; secure lid.

Follow the blender's directions to bring the speed to high. Blend for 6 to 7 minutes or until heavy steam escapes from the vented lid.

Reduce the blender's speed and carefully remove the lid or the lid plug.

Drop in the cheese and blend for an additional 15 seconds. Makes 6 cups.

Nutritional information: Each 1 cup serving has 224 calories, 28 g carbs, 8 g total fat, 5 g saturated fat, 23 mg cholesterol, 3 g fiber, 407 mg sodium, 184 mg calcium, 10 g protein, 7 g sugar.



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