

Butternut Squash and Apple Soup

Silky smooth, slightly sweet, and super-easy to make, this soup is a fall favorite.

Makes: 8 servings

Prep Time: 20 minutes

Cook Time: 1 hour, 30 minutes

Source: chopchopfamily.org

Ingredients

- 1 tablespoon olive oil
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 celery stalk, chopped
- 2 teaspoons curry powder
- 1 teaspoon dried basil
- 1 large butternut squash, peeled, seeded, and cubed, or 1 (20-ounce) package pre-cut squash
- 1 tart apple, cored and cubed
- 8 cups chicken or vegetable broth, low-sodium

Directions

1. Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
2. Add the onion, garlic, celery, curry powder, and basil. Cook, stirring occasionally, until the vegetables are tender, 10-12 minutes.
3. Add the butternut squash, apple, and broth and raise the heat to high; bring to a boil.
4. Turn the heat down to low and cook until the squash is very tender, 45 minutes. Set aside to cool down a bit, at least 15 minutes, at room temperature. Stir occasionally to help the mixture cool.
5. Using the slotted spoon, very carefully remove the soup solids and put them in the blender or food processor. Do not fill more than halfway.
6. If you are using a blender, put the top on but remove the little cap in the center. If using a food processor, leave the plunger out (both will allow the steam to escape). Cover the hole loosely with a clean dish towel. Turn the blender to the lowest speed and increase the speed as the soup purees. Gradually add the cooking liquid. Blend or process until completely smooth.
7. Serve right away, or cover and refrigerate up to 3 days.



Small Changes,
BIG Difference!



Utensils Needed

- Cutting board
- Sharp knife
- Large heavy-bottomed pot
- Measuring cup
- Measuring spoons
- Heatproof spatula
- Slotted spoon
- Blender or food processor
- Pot holder

SHOPPING LIST

Average total cost without oil and seasonings: \$10.11

Average cost/serving: \$1.26

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Onion



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Celery, 1 bunch



Add 1 to Cart
Butternut Squash, 1 large



Add 1 to Cart
Apple, Granny Smith



Add 2 to Cart
Low-Sodium Chicken Broth, 32 oz.

SAVE TIME, SAVE MONEY

Chef's Notes

- Winter squash can be hard to peel and cut. Consider buying ready-to-use, as pre-cut squash is available in many grocery stores.
- You can also use carrots or sweet potatoes for all or part of the squash.
- Don't have curry powder? Curry powder is a mixture of spices that includes any or all of the following: cumin, coriander, black pepper, chiles, fenugreek, ginger, cinnamon, cloves, cardamom, and salt.

Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	94
Total Fat:	3g
Saturated Fat:	.5g
Cholesterol:	0mg
Sodium:	22mg
Total Carbohydrates:	11g
Dietary Fiber:	2g
Total Sugars:	3g
Added Sugars:	0g
Protein	6g

My Cooking Notes