RECIPE

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



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

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.



SHOPPING LIST

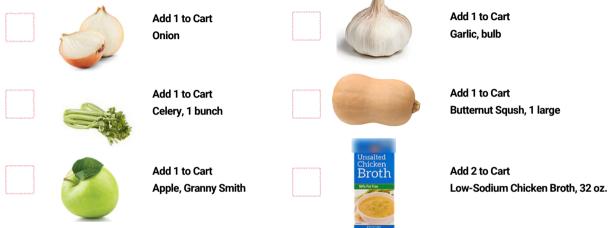
Average total cost without oil and seasonings: \$10.11

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



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:	<u>3g</u>
Saturated Fat:	.5g
Cholesterol:	0mg
Sodium:	<u>22mg</u>
Total Carbohydrates:	<u>11</u> g
Dietary Fiber:	<u>2g</u>
Total Sugars:	<u>3</u> g
Added Sugars:	<u>0g</u>
Protein	<u>6g</u>

My Cooking Notes

