

Butternut Squash and Apple Soup

Makes: 4 servings

Ingredients

- 1 medium onion, chopped
- 1 medium celery stalk, chopped
- 1 medium carrot, chopped
- 2 tablespoons olive oil
- 4 cups vegetable broth
- 1 medium butternut squash, peeled, seeded, and chopped
- 1 medium tart apple, peeled and chopped
- ? teaspoon cayenne pepper
- ? teaspoon black pepper
- ? teaspoon cinnamon
- ? teaspoon nutmeg
- ? teaspoon salt



Directions

1. In a stockpot, add the onion, celery, carrot, and oil. Sauté for about 5 minutes or until the vegetables are tender.
2. Add broth, squash, and apple to the pot. Bring to a boil. Reduce heat to low, then cover, and simmer.
3. Continue cooking for 30 minutes or until the squash and carrots are soft.
4. Carefully transfer soup to a food processor or blender and puree. NOTE: If an immersion blender is available, blend the soup directly in the pot.

5. Add seasonings. Serve warm.

Note: Tart apple varieties include Granny Smith, Rome, McIntosh, Jonagold, and Jazz.

Recipe from: Virginia Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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