



## Butternut Squash & Apple Soup *makes 8 servings*

*This soup provides more than 50% of your daily Vitamin C and 300% of Vitamin A*

### Ingredients

- 2 T. extra virgin olive oil
- 2 c. chopped sweet onions
- 3 garlic cloves, peeled and sliced thinly
- 1 T. mild curry powder
- 1 large butternut squash (2 ½ pounds)
- 3 small apples, such as Delicious or Macs
- 1 tsp. salt and ½ tsp. ground black pepper
- 1 ½ c. water
- 1 c. apple cider or apple juice



### Directions

1. Heat olive oil in large pot on low heat. Add onions and garlic, cook until soft. Add curry.
2. Meanwhile, peel squash, remove seeds and cut into small chunks. Peel, core and cut apples. When onions are cooked, add squash, apples, salt, pepper and water to pot. Bring to a boil, reduce heat to low and cover. Cook for about 30-40 minutes, until all is soft.
3. Puree the soup with a food mill, food processor or immersion blender. Pour back into pot and add apple cider or apple juice. If needed add more water to thin soup.

*Each serving provides: 150 calories, 4 grams total fat (0.5 g. saturated, 0 g. trans fat), 0 mg cholesterol, 300 mg sodium, 2 grams of protein, 31 grams total carbohydrate (5 g. dietary fiber, 13 g. sugars).*