Butternut Squash Apple Soup Recipe

Ingredients

- 1 medium yellow onion, chopped (about 1 cup)
- 1 celery rib, chopped (about 3/4 cup)
- 1 carrot, chopped (about 3/4 cup)
- 2 Tablespoon butter
- 1 butternut squash, peeled and chopped (6 to 8 cups), seeds discarded
- 1 tart green apple, peeled, cored, chopped (squash and apple ratio should be 3:1)
- 3 cups chicken stock or broth (use vegetable broth if cooking vegetarian)
- 1 cup water
- Pinches of nutmeg, cinnamon, cayenne, salt and pepper,
- (chopped fresh parsley or chives, optional for garnish)

Directions for this delicious recipe

1
Sauté onion, carrot, celery in butter: Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.

2
Add squash, apple, broth, water, then simmer: Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.

3
Purée the soup: Use an immersion blender to purée the soup, or work in batches and purée the soup in a standing blender.

4
Season with nutmeg, cinnamon, cayenne, salt, pepper: Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste.
Garnish with chopped fresh parsley or chives.

Prep time: 10 minutes
Cook time: 45 minutes
Yield: Serves 4-6

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