

Butternut Squash and Apple Soup

Prep time

15 mins

Cook time

40 mins

Total time

55 mins

Roasting butternut squash and apples before pureeing them brings out their natural sweetness and brightens the flavor of this classic soup.

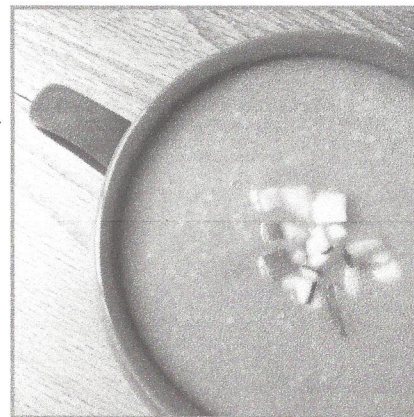
Author: Liz DellaCroce | The Lemon Bowl

Recipe type: Soup

Serves: 4

Ingredients

- 1 medium butternut squash - peeled, seeded and cut in 1" pieces
- 3 medium apples - cut in large chunks
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon unsalted butter
- 1 medium onion - diced
- 4 cups chicken or vegetable broth - low sodium
- diced apples - optional garnish



Instructions

1. Pre-heat oven to 400 degrees and line a baking sheet with foil.
2. Place butternut squash and apple chunks in a large plastic bag and drizzle with olive oil, salt and pepper. Seal bag and shake well until squash and apples are evenly coated. (Let the kids help!)
3. Spread squash and apples in an even layer on baking sheet and roast for 25-30 minutes or until fork tender.
4. In a large soup pot, heat butter over medium heat then add diced onion. Sprinkle with a pinch of salt and pepper and cook until onions are translucent, about 5-6 minutes.
5. Add chicken broth and roasted squash/apple mixture to the pot then begin pureeing with a hand held blender. Alternatively, puree in a blender working in batches until smooth and creamy.
6. Check for seasoning and adjust with salt and pepper to taste before serving. Top with diced apples if using.

Notes

To lower the sodium content use sodium-free chicken broth or reduce the amount of salt and pepper used when roasting the squash and apples.

Nutrition Information

Serving size: 2 cups Calories: 238 Fat: 10.1 g Saturated fat: 2.8 g Unsaturated fat: 6.9 g Trans fat: 0
Carbohydrates: 36.6 g Sugar: 16.8 g Sodium: 868 mg Fiber: 6.3 g Protein: 4.2 g Cholesterol: 8 mg

Recipe by The Lemon Bowl at <http://thelemonbowl.com/2013/10/roasted-butternut-squash-and-apple-soup.html>