

What's Cooking? Recipe

Butternut Squash Apple Soup

Ingredients:

Makes 4 Servings

1 medium yellow onion, chopped
1 rib of celery, chopped
1 carrot, chopped
2 tablespoons butter
1 butternut squash, peeled, cored, chopped
(squash and apple should be at a 3 to 1 ratio)
3 cups chicken broth (or vegetable broth)
1 cup water
Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Preparation:

1. Set a large saucepan over medium high heat and heat the butter for 1-2 minutes. Do not let it turn brown. Add the onion, celery and carrot and saute for 5 minutes, taking care to turn the heat down if the vegetables begin to brown.
2. Add squash, apple, broth and water. Bring to a boil. Cover, turn the heat down to a simmer and cook for 30 minutes or until squash and carrots soften. Puree, and return to a clean pot.
3. Add salt and spices to taste, and garnish with chives or parsley

Nutrition Information:

Per Serving: 138 calories, 5 g protein, 17 g carbohydrates, 7 g fat (4 g saturated fat), 3 g fiber