

Butternut Squash & Apple Soup

Ingredients:

- 1 medium yellow onion, chopped
- 1 rib of celery, chopped
- 1 carrot, chopped
- 2 tablespoons butter
- 1 butternut squash, peeled, seeds removed, chopped
- 1 tart green apple, peeled, cored, chopped
- 3 cups low sodium chicken or vegetable broth
- 1 cup water
- Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Equipment:

- Large saucepan
- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Mixing spoon
- Can opener

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 45 minutes

Directions

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 sauté 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 boil. Cover, turn the heat down to a simmer and cook for 30 minutes or until squash and carrots soften. Puree carefully in a food processor or with an immersion blender, and return to a clean pot.
3. Add salt and spices to taste.

TIP: You can peel the squash with an apple peeler. The smaller you cut the squash and apples the quicker they will cook!

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes

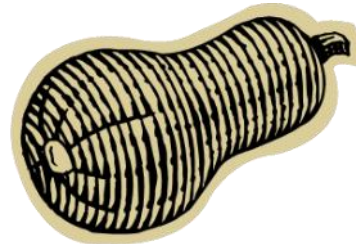


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Nutrition Facts

Serving Size: 1 1/2 cups			
Servings: 4			
Amount Per Serving		Calories from Fat 54	
Calories 321			
		%Daily Value*	
Total Fat 6g			10%
Saturated Fat 4g			19%
Cholesterol 16mg			5%
Sodium 480mg			20%
Potassium 1785mg			51%
Total Carbohydrate 61g			20%
Dietary Fiber 9g			38%
Protein 13g			27%
Vitamin A 388%	Vitamin C 159%		
Iron 23%	Calcium 24%		

*Percent Daily Values are based on a 2,000 calorie diet.



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