

Butternut Squash and Apple Soup

Ingredients

- 5 Lbs. winter squash (butternut, bon bon, etc.)
- 2 Lbs. apples, peeled and cut in chunks
- 4 cups sliced onion
- 2 Tbsp unsalted butter
- 2 Tbsp olive oil
- 1 ½ - 2 Tbsp curry powder
- 2 tsp kosher salt
- ½ tsp black pepper
- 2 cups apple cider
- 2 cups chicken or veggie stock
- ½ cup half and half or heavy cream (optional)

Garnishes

Sour Cream

Pepitas (toasted pumpkin seeds)

Balsamic glaze (I used Trader Joe's)

Apple "Croutons" (1/4" dice apple pieces, with a squeeze of lemon/lime to prevent browning)

Instructions

Heat oven to 400 F. Slice squash in half, remove the seeds and place cut side on a greased cookie sheet. Bake for 25 – 30 minutes until soft. Cool and remove meat by scaping out from skin.

Slice onions. Cook onions in large stock pot with curry powder, butter and olive oil until tender, about 15 – 20 minutes.

Add apple chunks to pot and cook with onions for 5 minutes, until they start to soften. Add squash, stock, salt and pepper. Cook for 10 – 15 minutes until everything is soft.

Process soup with immersion blender (or blender) until smooth. Add cider and half and half (if you want a smoother creamier soup) to thin to desired consistency. Adjust salt and pepper to taste.

Garnish with sour cream, pepitas, apple "croutons" or Balsamic Glaze.