

Are You In?

Curried Butternut Squash & Apple Soup

Ingredients

- 2 tbsp butter, margarine or oil
- 2 cups onion, chopped
- 1 stick celery, chopped
- 4 tsp curry powder
- 2 medium butternut squash, peeled, seeded and cut in 1-inch cubes
- 3 medium apples, peeled, cored and chopped
- 3 cups low sodium chicken or vegetable broth (can substitute with water)
- 1 cup pasteurized apple cider (can substitute with water)
- Salt and pepper to taste

Directions

1. In a large pot, combine onions, celery, margarine and curry powder. Cover and cook on low heat until tender.
2. Add cubed squash, chopped apples and broth and bring to a boil. Reduce heat and simmer 20-30 minutes or until squash and apples are cooked thoroughly. Strain and set aside (keeping the liquid).
3. Puree the apple squash mixture with 1 cup of the reserved liquid. Add cider until desired consistency is reached.
4. Season to taste with salt and pepper.