

CURRY SQUASH AND APPLE SOUP

Prep time: 15 minutes

Yield: 8 cups (2 L) or about 25 individual servings of 1/3 cup (80 mL)

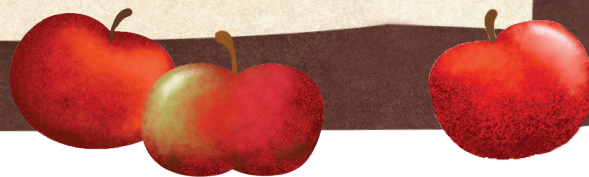
Cooking time: 35 minutes

Ingredients:

- 1 tbsp (15 mL) butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) curry powder
- 1 medium butternut squash or large acorn squash, peeled and chopped (about 6 cups/1.5 L)
- 2 apples, peeled, cored and chopped
- 2 cups (500 mL) low-sodium chicken broth
- 2 cups (500 mL) milk, warmed
- Salt and pepper, to taste

Directions:

1. In a large pot, melt butter over medium heat.
2. Add onion and garlic; sauté for about 5 minutes or until softened.
3. Stir in curry powder, squash and apples; sauté for 2 minutes.
4. Add broth, cover and bring to a boil.
5. Reduce heat to medium-low and simmer, covered, for 15 to 20 minutes or until squash and apples are soft.
6. Use an immersion (wand) blender in the pot or transfer soup in batches to an upright blender; purée until smooth (return to pot, if necessary).
7. Stir in warm milk and reheat soup over medium heat, stirring, until steaming (don't let the soup boil).
8. Season to taste with up to 1/2 tsp (2 mL) salt and pepper.
9. Ladle into bowls.



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