

Mom H's Butternut Squash Soup

Description

Preheat oven to 350°F
2lb butternut squash, roasted
2 tsp oil
1 large onion, chopped
4 cloves garlic - roasted till soft
3 apples, peeled, cored and chopped
1 Tbsp frozen, grated ginger
½ Tbsp curry powder
½ tsp cumin
4 cups chicken broth
1 cup apple juice
Sea salt and pepper to taste
½ cup non-fat plain yogurt (optional)

Cut butternut squash in half, scoop out seeds and bake for 45-60 minutes. When cool, remove rind and coarsely chop flesh. In a large soup pot, heat oil over medium heat, add onions and sauté until softened. Add garlic and apples and sauté until apples are soft. Add ginger, curry powder and cumin and cook for 2 minutes. Add squash, chicken broth and apple juice, bring to a boil. Reduce heat and simmer for 30- 40 minutes. Puree mixture with blender, return to pot and heat through. Adjust seasoning to taste. Swirl a dollop of plain yogurt on top of each bowl when serving.

Summary

Yield: 8

Prep Time: 45 minutes

Category: Soups

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Ingredients

Instructions