

# Butternut Squash, Apple, and Curry Soup

Serves 8 (1 cup each)

This soup is an interesting combination of tart apple, creamy squash, and a light curry flavor. Sally often leaves out the milk and cream to accommodate those who don't tolerate milk.



## Ingredients:

- 1 large butternut squash
- 3 Tbsp. Olive oil (divided)
- 1 medium onion, 1 cup diced
- 1 small clove of garlic
- 1 large granny smith apple
- 1 tsp. curry powder
- 1 Cup apple cider
- 3 tsp. Better than Bullion Vegetable concentrate
- 4 Cups hot water
- 1 1/2 cups milk (optional)
- 1/2 cup heavy cream (optional)
- 2 Tbsp. pepitas (pumpkin seeds)
- 4 tsp. sour cream

## Equipment:

- Rimmed baking sheet
- Aluminum foil
- Fry pan
- Large pot
- Immersion blender, stand blender, or food processor

## Butternut Squash, Apple, and Curry Soup:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Heat oven to 325		
	Cut squash in half lengthwise, remove seeds	2	15
	Wipe skin with 1 Tbsp. olive oil	1	
	Line baking sheet with aluminum foil. Place squash face down in pan	1	
	Bake squash		60
	Peel and dice 1 cup onion	3	
	Peel and dice 1 small clove of garlic	2	
	Peel, core, and chop 1 large apple	2	
	Remove squash from oven and rest		15
	Toast pumpkin seeds in a dry fry pan	2	
	In the large pot, heat 2 Tbsp. olive oil over low heat.	1	
	Sauté onion, garlic, and 1 tsp. curry	3	
	Remove peel from squash. Cut into chunks.	10	
	Add squash and apples. Cook over low heat. Stir occasionally.		10
	Combine 3 tsp. vegetable concentrate and 4 cups hot water	2	
	Add 1 cup cider and vegetable water to main pan	1	
	Simmer	30	
	Add salt, pepper, or more curry to taste	1	
	Puree soup with an emersion blender, food processor, or blender	5	
	Add 1 1/2 cups milk and 1/2 cup cream	1	
	Bring to a simmer	3	
	Transfer to bowls. Garnish with a teaspoon of sour cream and toasted seeds	2	
	(may be made ahead and reheated) Total	2 hr 36 min	