

BUTTERNUT SQUASH AND APPLE SOUP

Ingredients:

- 2 T Olive oil
- 1 large butternut squash peeled and cubed
- 1 large brown or sweet onion, chopped
- 32 oz vegetable or chicken broth
- 2-3 Apples, macintosh or apple preference, peeled and rough chopped
- Dash of powdered cinnamon and/or nutmeg
- Squeeze of lemon to finish
- Salt & pepper to taste
- 1 T Butter
- 1 T Maple Syrup

Directions:

Prepare butternut squash, onion and apples by peeling and cubing squash, rough chopping onions and peeling and chopping apples.

Add 2 T olive oil to a soup pot and heat over medium flame. Add onions along with a pinch of salt and pepper and cook until onions are translucent, about 5 minutes.

Add prepared butternut squash, apples and broth. Simmer on medium-low until soft, about 20 minutes.

Once all ingredients are soft, use an immersion blender and blend to desired consistency, adding broth, water or apple juice to thin, if necessary.

Once combined, add spices, lemon, salt, pepper, butter and maple syrup. Stir until blended.

Options:

If you prefer a velvety soup, strain through a sieve, return to pot and reheat. Finish with a dash of cream, for a richer soup.