

Butternut Squash and Apple Soup

Nutritional Highlights

- One cup of butternut squash has 450% of your daily needs of Vitamin A as well as 50% of your daily needs of Vitamin C.
- Onions are great way to add flavor while also high antioxidants and compounds that fight inflammation throughout the body.

Servings: 4-6

Ingredients

- 2 pounds of cubed butternut squash – we love the pre-cubed ones
- 2 T olive oil
- 1 cup onion, chopped
- ½ cup celery, chopped
- 2 cloves of garlic minced
- 1 Golden Delicious apple, peeled, and cut to ½ dice
- 1 cup of apple cider
- 3 cups of Chicken or Vegetable Stock
- 1 tsp salt
- Toppings (optional): chopped pecans, Greek yogurt, parsley

Directions

- Preheat oven to 450. Line a baking sheet with parchment paper, and set aside.
- Place squash in a medium sized bowl and toss with 1 T of olive oil. Arrange on baking sheet and roast until tender 15-20 minutes.
- While squash is cooking, Heat 1 T of olive oil in a large stockpot. Sauté onion, celery, garlic and apple over medium heat for about 5-7 minutes until onion is softened.
- Add the squash, stock, cider and salt. Bring to a boil, reduce heat and simmer uncovered for 15-20 minutes.
- Puree with hand held emulsifier or in the blender in batches until desired consistency.
- Top with a dollop of Greek yogurt, chopped pecans and fresh parsley.
- Enjoy!