

# Butternut Squash and Apple Soup

## Ingredients

- 1 tablespoon olive oil
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and minced (finely chopped)
- 1 celery stalk, chopped
- 2 teaspoons curry powder
- 1 teaspoon dried basil
- 1 large butternut squash, peeled, seeded, and cubed, or 1 (20-ounce) package pre-cut squash
- 1 tart apple, cored and cubed (with the stem and hard center part removed)
- 8 cups chicken or vegetable broth



Prep Time: 90 Minutes | Makes: 8 servings

## Directions

- Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
- Add the onion, garlic, celery, curry powder, and basil. Cook, stirring occasionally, until the vegetables are tender, 10-12 minutes.
- Add the butternut squash, apple, and broth and raise the heat to high; bring to a boil.
- Turn the heat down to low and cook until the squash is very tender, 45 minutes. Set aside to cool down a bit, at least 15 minutes, at room temperature. Stir occasionally to help the mixture cool.
- Using the slotted spoon, very carefully remove the soup solids and put them in the blender or food processor. Do not fill more than halfway.
- Gradually add the cooking liquid. Blend or process until completely smooth.
- Serve right away, or cover and refrigerate up to 3 days.

