Apple & Butternut Soup

Ingredients:

1 butternut squash
1 tablespoon oil
1 small onion, chopped
2 cloves garlic, chopped or ¼ teaspoon garlic powder
4 cups water
1 apple, peeled, cored, chopped
2 carrots, peeled, chopped
1 potato, peeled, chopped
½ teaspoon cinnamon
1 teaspoon each of salt and pepper

Directions:

1. Preheat oven to 375°F.
2. Wash the squash. Poke holes all over the skin of the squash with a sharp knife. Place on a plate in the microwave for 2 minutes. Cut in half. Scoop out the seeds into a bowl. You can roast the seeds later.**
3. Place squash halves face down on a baking sheet lined with tin foil. Bake for 50 minutes. Let cool. Once cooled, use a spoon to scoop out the cooked squash. Place in a bowl and mash.
4. In a large pot, heat oil over medium heat.
5. Add onion and cook for 5 minutes until soft.
6. Add garlic and cook for 2-3 minutes.
7. Add remaining ingredients (including cooked squash) and stir.
8. Turn heat to high, watch closely. When the soup boils, lower heat to medium. Cover the soup, let cook for 30 minutes until very soft. Stir often.
9. For a smooth soup, remove pot from the heat, put a hand blender into the soup pot to blend it. (or use a masher or fork)

Serves 6.

****Roast the seeds:**
Remove seeds, wash off pulp, pat dry, mix with a splash of oil and salt, bake at 350°F for 15-20 minutes.

Courtesy of Healthy Start, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca
October 2021