

Winter Squash Soup

Recipe adapted from *cleananddelicious.com*

Provided by the Auburn Interfaith Food Closet



RECIPE TYPE: Main Dish

SERVES: 6

COOK TIME: 10 minutes COOL TIME: 15 minutes

INGREDIENTS:

- 3 pounds butternut squash*, peeled, seeded and cut into chunks (about 8 cups)
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 apples, peeled, seeded and chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 cups low sodium chicken broth
- 1/2 teaspoon curry powder

*or acorn squash, or pumpkin

DIRECTIONS:

- 1 Preheat oven to 425°F. Prepare two baking sheets with cooking spray or parchment paper.
- 2 Divide the squash, apples, and onions between the 2 sheets. Drizzle with oil, and season with salt and pepper. Toss so that everything is evenly coated.
- 3 Roast for 30 minutes, switching baking sheets top to bottom halfway through.
- 4 Cool the vegetables to room temperature (~15 minutes). Put them in a blender, one sheet at a time, with 2 cups of chicken broth and 1/4 teaspoon of curry powder, and blend until smooth. Pour into a large pot, and repeat with the vegetables from the second sheet, and remaining broth and curry powder.
- 5 Heat the soup on the stovetop on low heat to avoid splatter. Adjust the seasoning to your liking, and serve hot.



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