

Winter Squash Soup

Adapted from cleananddelicious.com

Photo from cleananddelicious.com

Recipe type: main dish

Serves: 6

Time: 1 hour



Ingredients

- 3 pounds (about 8 cups) butternut squash*, peeled, seeded and cut into chunks
- 2 tablespoons cooking oil
- 2 onions, chopped
- 2 apples, peeled, seeded and chopped
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 cups low sodium chicken broth
- ½ teaspoon curry powder

Directions

1. Preheat oven to 425 F.
2. Prepare two baking sheets with cooking spray or parchment paper. Divide the squash, apples, and onions between the two sheets. Drizzle with oil and season with salt and pepper. Toss so that everything is evenly coated.
3. Roast for 30 minutes, switching top to bottom halfway through.
4. Once the ingredients cool to room temperature, put the vegetables from one tray in the blender, adding two cups of chicken broth and ¼ teaspoon of curry powder. Pour into a large pot and repeat with the second tray and remaining broth and curry powder.
5. Heat the soup on the stovetop. Adjust the seasonings to your liking and enjoy!

*May substitute acorn squash or pumpkin



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