



# Noreen's Kitchen

## Butternut Chicken Soup

### Ingredients

2 pounds butternut squash peeled & cubed	zest of 1 orange
2 cups apples, diced	1 tablespoon honey
1 tablespoon vegetable oil	1 teaspoon pumpkin pie spice
1 cup onion, diced	1 teaspoon salt
4 cloved garlic, minced	1 teaspoon cracked black pepper
4 cups chicken stock	1/2 teaspoon cardamom (optional)
Juice of 1 orange	Crème Fraiche, sour cream or heavy cream

### Step by Step Instructions

Heat oil in a large stock pot over medium heat.

Sautee onions and garlic until translucent and slightly soft.

Add in squash and apples and give everything a good stir to combine.

Add chicken stock, orange juice, orange zest, honey and seasonings and stir well.

Bring to a boil and reduce to low.

Allow to simmer until the squash and apples are very soft. This will take 20 to 30 minutes.

Turn the heat off and blend with an immersion blender until smooth and silky. Alternatively, you can blend this in batches in your regular blender. Be sure to place a dishtowel on the top of the carafe and only do a small amount at a time because hot ingredients make for a hot explosion if you are not careful.

Give everything a good stir and serve up with a swirl of either crème fraiche, sour cream or heavy cream and a sprinkle of fresh chopped cilantro if desired.

### Enjoy!