

# Eat Smart • Move More

## Butternut Squash & Apple Soup

Prep Time: 10 minutes

Total Time: 45 minutes



### Ingredients

- 1 onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 2 tablespoons olive oil
- 4 cups water
- 1 butternut squash, peeled, seeded, and chopped
- 1 tart apple, peeled, cored, and chopped
- 1 tablespoon low-sodium bouillon
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt

### Directions

- In a stockpot, add the onion, celery, carrot, and oil. Sauté for about 5 minutes or until the vegetables are tender.
- Add water, squash, apple, and bouillon to the pot. Bring to a boil. Reduce heat to low, then cover, and simmer. Continue cooking for 30 minutes or until the squash and carrots are soft.
- Carefully transfer soup to a food processor or blender and puree. NOTE: If an immersion blender is available, the soup does not need to be transferred.
- Add seasonings. Serve warm.

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (510.07g)</b>
<b>Amount per serving</b>	
<b>Calories 190</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 10g	
Includes g Added Sugars	
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 1mg	8%
Potassium 775mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Tart apple varieties include: Granny Smith, Rome, McIntosh, Jonagold, and Jazz.
- ▶ Handwashing is the most effective way to prevent the spread of germs.
- ▶ Vary your veggies! Eating a variety of colored vegetables provides you with the most nutritional value.

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(Recipe adapted from: <https://www.wellplated.com>.)

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