

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	
Serving size	1 serving (510.07g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes g Added Sugars	
Protein 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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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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

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