

# 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</b>	<b>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.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)