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Butternut Squash and Apple Soup

Ingredients:

- 3 tablespoons butter
- 1 large onion, chopped
- 1 medium butternut squash (about 3 lbs.) peeled, seeded and cut into 1-inch cubes
- 6 cups chicken broth, low sodium
- 4 granny smith apples, peeled, cored & chopped
- 1/8 teaspoon nutmeg
- 2 cups evaporated skim milk
- salt and pepper to taste
- 2 tablespoons packed brown sugar (optional)

Makes 10 servings - 18% calories from fat

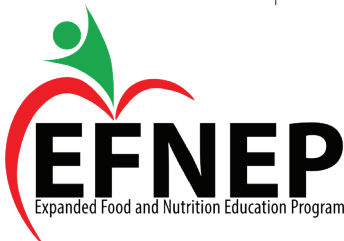
Instructions:

1. In a large pot, melt butter over medium heat.
2. Add chopped onion & sauté, stirring occasionally, until tender and translucent (4 to 6 minutes).
3. Add butternut squash and chicken broth. Bring to boil reduce heat to medium low.
4. Simmer, stirring occasionally, until squash is tender (about 20 minutes).
5. Add apples and nutmeg. Simmer, stirring occasionally, until apples are tender (about 15 minutes).
6. Using a blender or food processor puree soup in batches until smooth.
7. Return soup to the pot, stir in evaporated milk and season with salt, pepper & brown sugar. Keep soup hot at all times.

Note:

- Soup may be frozen and stored in the freezer for 1 to 3 months.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 450mg	19%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 22g	
Protein 7g	
Vitamin A 300% • Vitamin C 60%	
Calcium 25% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.