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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

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.

Last Revised: July 2018

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Rows include: Serving Size 1 1/2 cup, Servings Per Container 10, Calories 200, Total Fat 4g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 15mg, Sodium 450mg, Total Carbohydrate 39g, Dietary Fiber 5g, Sugars 22g, Protein 7g, Vitamin A 300%, Vitamin C 60%, Calcium 25%, Iron 6%. Includes a detailed breakdown of nutrients for 2,000 and 2,500 calorie diets.

18% calories from fat



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