

Lunch | Dinner

Roasted Butternut Squash and Apple Soup

15 Mins
Prep Time

40 Mins
Cook Time


6
Servings

 **176** Calories **7g** Fat **21g** Carbs **6g** Protein



Ingredients

 **6** Servings  **55 Mins** Total Time  **Allergens: None**

- 1 Medium Butternut Squash, peeled, seeded, and diced 
- 2 Apples, diced
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Butter
- 2 Shallots, thinly sliced
- 6 Cups Low-Sodium Chicken or Vegetable Broth
- Salt and Pepper, to taste

Nourishment Note



Butternut Squash

Butternut squash is high in antioxidants which are key to helping protect body cells. Squash is also high in fiber, which is important for digestion, and potassium, which is important for helping to maintain healthy blood pressure levels.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Roast Butternut Squash & Apples

Preheat oven to 400° F. Place butternut squash and apples onto a foil-lined baking sheet. Drizzle with the olive oil and season with salt and pepper, to taste. Spread into an even layer and roast for 35 – 40 minutes, or until tender.

3. Blend All Ingredients, Heat, & Serve

In a large pot, melt the butter. Add the shallots and cook until translucent, about 4-5 minutes. Add the broth, roasted squash, and apples to the pot. Using a stick blender, blend all ingredients until smooth and creamy. If using a blender, carefully transfer all ingredients into the blender and blend until smooth and creamy. Use a clean cloth to cover the hole in the blender lid to allow steam to escape. Transfer back to the pot. Heat soup. Adjust seasonings as needed and enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe adapted from thelemonbowl.com

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Baking Sheet



Aluminum Foil



Measuring Cups



Measuring Spoons



Blender or Stick Blender



Large Pot



Spoon



Ladle

Fatigue Buster

- Butternut Squash: Purchase peeled, diced butternut squash.
- Apples: Use an apple slicer to slice apples instead of dicing.
- Shallots: Use a mini food processor to chop shallots.