



Butternut Squash Soup with Apple 8 servings

INGREDIENTS

- 2 Tbsp oil or butter (to coat bottom of pot)
- 2 butternut squash
- 3 sweet apples, such as Macintosh
- 1 onion, chopped
- 2 garlic cloves or 1/4 tsp garlic powder (optional)
- 2 tsp salt, or to taste
- 1/2 tsp pepper, or to taste
- 2 cups water
- 2 cups apple cider, apple juice, vegetable broth, or water

DIRECTIONS

1. Peel squash, cut in half, and remove seeds. Cut squash into chunks. Peel and core the apples. Cut into chunks.
2. Heat butter or oil and cook onion and garlic in a pot over low heat for 5-10 minutes, or until onions are soft.
3. Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, cover, and cook over low heat for 30 to 40 minutes, until the squash and apples are very soft.
4. Blend in food processor, or mash with a spoon, then add juice, cider, broth, or water to achieve desired consistency. Enjoy!



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