

Butternut Squash, Apple and Curry Soup

RECIPE ADAPTED FROM THE PANERA BREAD RECIPE

Prep time: 15 mins, not including
roasting squash
Cook time: 20 mins
Total time: 35 mins
Serves: serves 4



INGREDIENTS:

- 4 cups of peeled and cubed butternut squash, roasted (1 package if used packaged, pre-diced squash)
- 1 large apple, peeled, cored and cubed (Honeycrisp for a sweeter soup, Granny Smith for less sweet, etc.)
- ½ of a large yellow onion, diced
- 1 tbsp. coconut oil
- ½ to 1 teaspoon curry powder
- 3.5 cups low sodium vegetable broth
- ½ cup nondairy milk (I used unsweetened almond milk.)
- 1 tsp salt + a few extra dashes
- a few dashes of cinnamon, optional

INSTRUCTIONS

1. Roast cubed butternut squash that has been seasoned with cinnamon and salt for 30 mins at 425 degrees F.
2. Meanwhile, in a large skillet over med-high heat, sauté apple and onion in coconut oil with curry powder and a few dashes of salt for about 10 mins and until softened.
3. Add broth, milk, and squash to the large skillet with the apple and onion and bring to a boil. Reduce heat and simmer uncovered for about 20 mins. Stir in salt to taste.
4. Use an immersion blender or transfer soup to a high-speed blender or food processor and blend until soup is smooth and creamy.
5. Enjoy! Serve with toasted pumpkin seeds on top.