



# Butternut Squash Apple Soup

## Ingredients

- |   |   |
|---|---|
| 2 Tbsp butter   | 1 cup water                                     |
| 1 medium onion, chopped                                   | 1 pinch nutmeg                                  |
| 3/4 cup chopped celery                                    | 1 pinch cinnamon                                |
| 3/4 cup chopped carrot                                    | 1 pinch cayenned pepper                         |
| 1 butternut squash, peeled and chopped with seeds removed | 1 pinch salt                                    |
| 1 green apple, peeled, cored, and chopped                 | 1 pinch ground black pepper                     |
| 3 cups vegetable broth                                    | 1 Tbsp fresh chopped parsley, sage, or rosemary |

## Directions

Melt butter in a large skilled over medium-high heat until foamy.

Reduce heat to medium and sauté onion, celery, and carrot in the butter for about 5 minutes.

Add squash, apple, broth, and water. Bring to a boil. Then reduce heat, cover pan, and let the recipe simmer for about 30 minutes, or until the vegetables are tender.

Season with nutmeg, cinnamon, cayenne pepper, salt, and ground black pepper.

Puree the soup in a blender, one serving at a time.

Garnish each serving with herbs and serve.

Source: *A to Z Food America* database