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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

⅛ 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. Simmer, stirring occasionally, until squash is tender (about 20 minutes).
4. Add apples and nutmeg. Simmer, stirring occasionally, until apples are tender (about 15 minutes).
5. Using a blender or food processor puree soup in batches until smooth.
6. 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.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 10

Amount Per Serving

Calories 200	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 450mg	**19%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 5g	**20%**
Sugars 22g	
Protein 7g	

Vitamin A 300% • Vitamin C 60%
Calcium 25% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

18% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. October 2009

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