

Butternut Squash Apple Soup

Recipe from [Simple Recipes](#)

Ingredients:

- 1 medium onion, chopped
- 1 celery rib, chopped
- 1 carrot, chopped
- 2 T butter
- 1 butternut squash, peeled and chopped (6-8 cups)
- 1 tart green apple, peeled, cored, chopped
- 3 cups chicken or vegetable broth or stock
- 1 cup water



Directions:

1. Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.
2. Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
3. Use an immersion blender to purée the soup, or work in batches and purée the soup in a standing blender.
4. Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with chopped fresh parsley or chives.