

Roasted Butternut Squash Soup



soups

POINTS® Value: 0

Servings: 12

Preparation Time: 10 min

Cooking Time: 10 min

Level of Difficulty: Easy

Nice and simple: a puree of squash and apples with just a hint of fall spice. Serve hot, chilled or at room temperature.

Ingredients

- 4 cup vegetable broth
- 12 oz butternut squash, peeled and cut into 1- to 1 1/2-inch cubes*
- 1/2 large vidalia onion(s), cut into 2-inch cubes
- 1/2 small apple(s), peeled and cut into to 2-inch cubes
- 1/4 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- 1/8 tsp ground nutmeg, or to taste

Instructions

- In a large stock pot, combine broth, squash, onion and apple; cover pot and bring to a boil over high heat. Uncover pot and reduce heat to low; gently simmer until squash is very tender, about 10 minutes.
- Puree soup in pot using an immersion blender (or puree in a regular blender in batches, careful not to splatter hot liquid). Season with salt, pepper and nutmeg; serve. Yields about 1/2 cup per serving.

Notes

- *You can purchase already peeled and cubed squash in the produce section of some supermarkets. You can also swap frozen, cubed squash for the fresh.

Garnish with chopped mint.