

Butternut Squash & Apple Soup



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What You Need

- 1 can evaporated milk
- 3 lbs. (1.5 kg) butternut squash
- 3 garlic cloves
- 2 medium apples
- 8 cups chicken or vegetable stock
- Salt and pepper
- Pinch of cayenne pepper (or more if you like it spicy)
- Fresh thyme or savory (optional)

Foods rich in color such as butternut squash are good sources of carotenoids—compounds which are cancer and heart disease preventative.

Makes 6 servings

Per Serving

Calories: 222
Carbohydrates: 46g
Protein: 9g
Fat: 2g
Fibre: 5g

How You Prepare

Preheat oven to 350F. Cut squash in half and scoop out seeds. Brush the cut side of the squash with olive oil and place cut-side down on baking sheet. Without removing skin, cut the hard end of the garlic off and place the exposed end on the baking sheet next to the squash. Peel and core the apples and add to the baking sheet. Bake in oven for 45-50 minutes or until the squash is tender. Scoop out the squash and squeeze the processor or blender, puree. Transfer puree to medium saucepan. Add enough stock to give soup the desired consistency. Add salt, pepper, and nutmeg to taste. Heat soup gently over medium heat. Serve topped with chopped fresh thyme or savory if desired.