

# apple-butternut soup



**DIFFICULTY:** medium    **PREPARATION TIME:** 20 minutes  
**SPECIAL DIETS:** vegan, gluten-free    **TOTAL COOKING TIME:** 1 hour 50 minutes  
**YIELD:** 8 servings

It takes some time and effort to roast the squash, but it's totally worth it. The sweet caramelization you get from the oven is irreplaceable in this Fall favorite.

## INGREDIENTS:

- 1 butternut squash (about 3.5-4 lbs), peeled, seeded, and sliced into 1" thick pieces
- 2 shallots, finely chopped
- 4 tart apples, peeled, cored, and diced (such as granny smith, pink lady, or braeburn)
- 6 cups vegetable stock (or substitute chicken stock)
- 1/2 cup pulp-free orange juice
- 1 tbsp curry paste (I like Patak's Hot Concentrated Curry Paste)
- 1 tsp sambal oelek (or another chili sauce)
- 2 lemons, juiced (approx. 3 tbsp)
- extra virgin olive oil, salt, and pepper
- 1 tart apple, finely diced and tossed with lemon juice, and toasted pepitas, for garnish

## PREPARATION:

- **PREHEAT** oven to 450°f
- **ARRANGE** sliced butternut squash on a foil-lined baking sheet
- **DRIZZLE** liberally with olive oil, season with salt and pepper
- **ROAST** for 30 min, turn vegetables over, roast an additional 20 min
- **REMOVE** from oven and rough chop
- **SAUTE** shallots on low heat with olive oil, in soup pot until soft, about 5 minutes
- **ADD** squash, apples, stock, orange juice, curry paste and sambal to pot
- **SIMMER** for 30 minutes, **BLEND** with a hand mixer until smooth
- **ADD** lemon juice and salt to taste
- **GARNISH** with diced apples and toasted pepitas. Enjoy!

## NUTRITIONAL INFORMATION:

serving size = 2 cups (511g)

calories 236 | fat 8.9g | protein 3.8g | carbs 40.4g | sugars 15.9g | fiber 6.7g | cholesterol ~mg

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It takes some time and effort to roast the squash, but it's totally worth it. The sweet caramelization you get from the oven is irreplaceable in this Fall favourite.

## INGREDIENTS:

- 1 butternut squash (about 1.7-2kg), peeled, seeded, and sliced into 1" thick pieces
- 2 shallots, finely chopped
- 4 tart apples, peeled, cored, and diced (such as granny smith, pink lady, or braeburn)
- 1.5L vegetable stock (or substitute chicken stock)
- 500mL cup pulp-free orange juice
- 15g curry paste (I like Patak's Hot Concentrated Curry Paste)
- 5g sambal oelek (or another chili sauce)
- 2 lemons, juiced (approx. 50mL)
- extra virgin olive oil, salt, and pepper
- 1 tart apple, finely diced and tossed with lemon juice, and toasted pepitas, for garnish

## PREPARATION:

- **PREHEAT** oven to 450°F/230°C
- **ARRANGE** sliced butternut squash on a foil-lined backing sheet
- **DRIZZLE** liberally with olive oil, season with salt and pepper
- **ROAST** for 30 min, turn vegetables over, roast an additional 20 min
- **REMOVE** from oven and rough chop
- **SAUTE** shallots with olive oil, in soup pot until soft, about 5 minutes
- **ADD** squash, apples, stock, orange juice, curry paste and sambal to pot
- **SIMMER** for 30 minutes, **BLEND** with a hand mixer until smooth
- **ADD** lemon juice and salt to taste
- **GARNISH** with diced apples and toasted pepitas. Enjoy!

## NUTRITIONAL INFORMATION:

serving size = 500 mL (511g)

calories 236 | fat 8.9g | protein 3.8g | carbs 40.4g | sugars 15.9g | fiber 6.7g | cholesterol ~mg