

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Curried Butternut Squash and Apple Soup

Servings 8

Ingredients:

2 teaspoons olive oil
1 cup onion, diced
½ cup celery, diced
1 tablespoon minced garlic **or** 1 teaspoon powdered garlic
1 tablespoon minced fresh ginger **or** 1 teaspoon powdered ginger
1 tablespoon curry powder
½ teaspoons cinnamon
¼ teaspoon nutmeg
1 medium-size butternut squash (about 2 pound), peeled, seeded and diced (4-5 cups)
2 large apples, peeled and diced
1 quart (32-ounces) chicken broth **or** vegetable broth, reduced sodium, fat-free
¼ teaspoon salt
¼ teaspoon white pepper

Garnish with:

¼ cup freshly chopped cilantro or chives (optional)
½ cup plain Greek yogurt (optional)
¼ cup toasted nuts - walnuts, almonds, pecans, or pumpkin seeds (optional)

Directions:

1. Heat oil over medium-high heat in a 3- or 4-quart large saucepan. Sauté the onion, celery, garlic, and ginger until tender, about 4 minutes.
2. Add the curry powder, cinnamon, nutmeg and sauté 1 minute.
3. Add the broth, squash, apples, salt, and pepper. Cover and simmer 20-25 minutes, or until the squash is fork tender. Add evaporated skim milk.
4. Puree the soup in a blender or food processor or smash with a potato masher until smooth.
5. Garnish with cilantro, a dollop of plain Greek yogurt and a sprinkle of nuts in each bowl.

Recipe Note:

1. To make peeling and cutting the squash easier, heat squash in the microwave on high heat for 2-3 minutes or in a 350 degree oven for 10 minutes. Cool under cold, running water before peeling and cutting.
2. Butternut squash can be purchased peeled and cut, just ask your grocer. May use frozen butternut squash instead of fresh.

Nutritional Information per 1¼ cup serving:

Calories: 179	Carbohydrates: 25g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 5g
Sodium: 323mg	Protein: 4g