

# APPLE BUTTERNUT SQUASH SOUP

Recipe by Chef Desiree Rodriguez

**SERVES: 2-4 PEOPLE**

**PREP/COOK TIME: 40 MIN**

## **INGREDIENTS**

- 1 large butternut squash (about 2-2 1/2 pounds) peeled, seeded, and chopped
- 2 carrots peeled and chopped
- 1 tablespoon olive oil
- 1 onion chopped
- 1 large honey crisp or gala apple peeled, cored, and chopped
- 3 garlic cloves minced
- 1 tablespoon dried sage
- dash of nutmeg
- 1/4 teaspoon cinnamon
- black pepper to taste
- salt to taste
- 6 cups low sodium vegetable broth or water (use leftover water from boiling the squash and carrots), plus more if needed
- 1/3 cup plant-based unflavored creamer



## DIRECTIONS

1. Bring a large pot filled with water to a boil. Add the butternut squash and carrots and cook until both are soft and fork tender.
2. Drain the water from the butternut squash and carrots into another pot and set aside the vegetables and water.
3. Heat another large pot over medium-high heat. Add the olive oil.
4. Add the onion, apple, garlic, sage, nutmeg, cinnamon, black pepper, and salt. Stir and sauté for 7-10 minutes or until soft.
5. Add the butternut squash, carrots, and vegetable broth and bring to a boil. Add additional broth or water if soup is too thick.
6. Simmer for 20 minutes stirring occasionally.
7. Remove from heat and pour the soup into a blender. Blend until smooth and creamy.
8. Add the plant-based creamer to the soup and mix. Adjust seasonings if necessary prior to serving.