

Curried Butternut Apple Soup

Soups

Preparation Time: 1 hour

Number of Servings: 10

Cups of Fruits and Vegetables

Per Person: 0.75

1/4 cup reduced fat margarine

2 cups chopped onion

1 rib celery

4 tsp curry powder

2 medium butternut squash (about 2 1/2 – 3 lbs) peeled, seeded, and cut into cubes

3 medium apples—peeled, cored, and chopped

3 cups water (chicken stock or vegetable broth)

1 cup cider

In a heavy kettle, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender (10–15 minutes), stirring often. Add cubed squash, chopped apples, and liquid (water, stock or broth) and bring to a boil. Reduce heat and simmer 20–30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside. Puree the apple-squash mixture with one cup of the strained liquid. Add cider and remaining liquid to reach desired consistency. Garnish with grated apple, yogurt or low fat sour cream.

Amount Per Serving: Calories* 130, Calories from Fat 30

% Daily Value (DV)*

Total Fat:	4g	5%	Sodium:	55mg	2%
Saturated Fat:	1g	3%	Cholesterol:	0mg	0%
Trans Fat:	0g	0%	Carbohydrate:	26g	9%
Protein:	2g				

* Percent Daily Values are based on a 2,000 calorie diet.



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