

Butternut Squash with Apple and Curry Soup

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Makes 8 servings

INGREDIENTS

- 1 tablespoon olive oil
- 2 cups chopped yellow onion
- 1 teaspoon curry powder
- 6 cups (about 2½ pounds) peeled, seeded, and diced butternut squash*
- 2 Granny Smith apples, peeled and cut into bite-size chunks
- 2 15 oz cans white beans, drained and rinsed thoroughly
- 4 cups low-sodium vegetable broth
- 1 cup water
- ½ teaspoon salt
- ½ teaspoon thyme
- Pumpkin seeds

DIRECTIONS

- 1) In a soup pot, heat the olive oil over medium/high heat. Add the chopped onion and curry powder and cook for 3 minutes. Stir constantly and turn down heat if necessary to avoid scorching the curry.
- 2) Add the butternut squash, apples, white beans, vegetable broth, water, thyme, and salt; stir well and bring to a boil. Reduce heat to medium/low and simmer, stirring occasionally until squash is very tender, about 15 to 18 minutes.
- 3) Turn off heat. Puree soup until smooth with an immersion blender or in a food processor or upright blender, working in batches as necessary. Add up to an additional cup of water to thin if thicker than desired
- 4) Garnish with toasted pumpkin seeds (optional)

* Also equivalent to 1 package of peeled and chopped butternut squash from Costco

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