

# Apple Butternut Squash Soup



## Ingredients:

- 1 tablespoon of olive oil
- 1 large onion
- 2 cloves of garlic minced
- 1 large butternut squash - peeled and diced into chunks
- 4 or 5 medium apples - cored and chopped (can peel if you want)
- 4 cups chicken or veggie broth
- 1/2 teaspoon nutmeg
- 1/2 teaspoon of cumin
- 1/2 teaspoon of cinnamon
- salt and pepper to taste

## Instructions:

- 1) In a soup pot, heat the olive oil over low. Add the onions and garlic and cook until very tender, about 15 minutes, stirring occasionally.
- 2) While the onions and garlic cook, cut and peel the squash and apples. Add them to the pot, then add 4 cups of the stock. Bring the pot to a boil, reduce the heat to low, then cover, and cook until the squash and apples are very soft, about 30 minutes.

3) Once the apples and squash in the soup pot are soft, puree the soup with an immersion blender.

4) Stir in the salt and pepper, nutmeg, cumin, and cinnamon.

5) Enjoy!

#### Nutrition Facts

Servings 8.0

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Amount Per Serving

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calories 165

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% Daily Value \*

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Total Fat 3 g	4 %
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Saturated Fat 0 g	0 %
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Monounsaturated Fat 0 g

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Polyunsaturated Fat 0 g

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Trans Fat 0 g

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Cholesterol 0 mg	0 %
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Sodium 70 mg	3 %
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Potassium 637 mg	18 %
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Total Carbohydrate 37 g	12 %
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Dietary Fiber 6 g	26 %
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Sugars 20 g

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Protein 2 g	4 %
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Vitamin A	259 %
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Vitamin C	48 %
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Calcium	18 %
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Iron	19 %
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