

Making it delicious

Butternut Squash Soup

THE
Open
Door

Ingredients

- 2 Tbsp. oil or butter
- 1 cup chopped onion
- 2 cloves garlic, chopped
- 2 large carrots
- 1 tsp. salt
- 1 Granny Smith apple
- 1 large butternut squash
- 1 tsp. dried thyme
- 2 ½ cups low-sodium broth (chicken or vegetable)
- ½ cup plain yogurt



Recipe adapted from www.thenaturalnurturer.com

Instructions

- Peel the carrots and butternut squash. Chop the carrots, and cut the butternut squash into cubes.
- Wash and chop the apple.
- In a large pot over medium-high heat, heat the oil or butter. Add the onion, garlic, carrots, and salt.
- Stir occasionally until the vegetables have started to soften and get lightly browned around the edges.
- Stir in the apple, butternut squash, and thyme.
- Pour in the broth; bring to a simmer and cover.
- Simmer until the squash is very soft, about 20 minutes.
- Turn off the heat then use an immersion blender or blender in batches to puree the soup until it's smooth.
- Stir in the yogurt then taste the soup and add more salt and pepper as needed.