

Butternut Squash, Sweet Potato, Carrot and Apple Soup



Experience the delightful flavors of our Butternut Squash, Sweet Potato, Carrot, and Apple Soup. Indulge in this comforting and nourishing bowl of goodness, blending the natural sweetness of vegetables and the crispness of apples. Perfect for a satisfying and wholesome meal.

Preparation 30 min

Cooking 30 min

Servings 8

Nutrition Facts (per serving)

Calories 275

Fat 5

Carbohydrates 55

Fibre 8

Protein 9

Sodium 15

Ingredients

- 1 butternut squash
- 2 sweet potatoes
- 4 carrots
- 2 McIntosh apples
- 1 large yellow onion

- 625 ml (2.5 cups) sodium-reduced chicken (or vegetable) stock
- 15 ml (1 tbsp) Dijon mustard
- 45 ml (3 tbsp) lemon juice
- 5 ml (1 tsp) minced garlic (or 1 clove of garlic, minced)
- 5 ml (1 tsp) dried Italian herbs
- 5 ml (1 tsp) grated fresh ginger
- 5 ml (1 tsp) curry powder
- 5 ml (1 tsp) onion powder
- 5 ml (1 tsp) paprika
- 5 ml (1 tsp) salt
- 2.5 ml (½ tsp) pepper
- 1 can (354 ml) Carnation® Evaporated Skim Milk (optional)

Preparation

1. Prick all around the butternut squash with a fork (make sure to make holes all around). Cook in a microwave-safe dish for 9 minutes or bake your butternut squash by separating it into two halves and baking it at 350°F (180°C) for 40 minutes. Cut into two halves, peel, remove seeds and cut into large pieces. Set aside.
2. Peel and coarsely chop the onion. Set aside.
3. Peel the sweet potatoes and carrots and cut them into large pieces. Set aside.
4. Cut the apples into large pieces so as to remove the core, but keep the peel. Set aside.
5. In a large saucepan that can hold at least 4 L, sauté the onion in the olive oil over medium-high heat until translucent and slightly browned.
6. Add the squash, sweet potato, carrot and apple pieces to the pan, followed by the chicken broth. Make sure there is enough broth to cover the vegetable pieces in your pot so that the soup has a smooth consistency, but is not too thick (if you run out of broth, you can add water for liquid).
7. Add all the other ingredients to the pot: Dijon mustard, lemon juice, garlic, herbs, ginger, curry, onion powder, paprika, salt and pepper. Simmer over medium heat for about 30 minutes or until all the vegetables and the apple are tender.
8. At the end of the cooking time, add the contents of the evaporated milk can to the pot if you want a creamier, more protein-filled result (if you are lactose intolerant, this step is optional).
9. Puree the contents of the soup into a smooth paste using a blender or blending foot. Adjust salt and pepper seasoning to taste.
10. As shown in the photo, you can garnish with edamame, feta, pecans and maple syrup just before serving.



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