

CURRIED BUTTERNUT & APPLE SOUP

INGREDIENTS

8 Cups Butternut Squash
(about 2 small)

8 Cups Apple (about 6
whole)

1 Tablespoon Grapeseed
Oil

1 Tablespoon Butter

1 large Onion

1 Tablespoon Curry
Powder

1 teaspoon Vanilla

Salt to taste

DIRECTIONS

Combine Butter & Oil in a large pot over medium heat.

When foam subsides add the Onion and cook until golden colored, about 8 minutes.

Meanwhile, wash & peel Squash & Apples and then dice into roughly equal pieces.

Add Curry Powder to the Onions,

Stir until fragrant and then pour in Apples & Squash.

Add just enough Water to cook, about 3- 4 Cups, and bring to a boil.

Simmer for 20 minutes and the Squash is tender. Once cooked, pour off some of the liquid and reserve.

Puree the soup in batches, adding any reserved liquid as necessary for a smooth consistency.

Stir in Vanilla, adjust Salt to taste (some Curry Powder blends contain Salt) and serve warm with garnishes such as Whipped Cream or Yoghurt, Chives or Cilantro.