

Apple Butternut Squash Soup

Makes 6 servings

Ingredients

1 med. butternut squash, peeled, seeded and diced coarsely
2 c. apples, peeled, cored and diced
1 c. onion, chopped
3 c. chicken broth
1/2 c. evaporated skim milk
4 tbsp. butter
1/4 c. flour
1 tbsp. curry powder
Salt and pepper to taste
(If using cooked squash, add about 2-3 cups when you add chicken broth.)

Directions

Melt butter in soup pot. Add squash, onion, apples and curry. Saute for five minutes with frequent stirring. Do not brown. Add flour and mix well. Cook, with constant stirring for two minutes. Add chicken broth and mix well.

Cover and simmer over low heat for 30 minutes with occasional stirring. Puree in food processor and add back to the pot with the half and half. Milk can be substituted. Bring to serving temperature but do not boil. Add salt and pepper to taste. Serve hot.



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