

☆ Butternut Squash Soup

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Prep: 5m **Cook:** 35m **Total:**

Yield: 8 cups

Dinner

Soup



Ingredients

- 2 cups onion (chopped)
- 2 cloves garlic (minced)
- 8 cups butternut squash (cubed, about 1 very large butternut squash)
- 1 apple (I used a Gala; peeled and chopped)
- 4 cups reduced sodium chicken broth
- 1 teaspoon kosher salt
- fresh cracked pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon coriander
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/4 cup sour cream
- 4 teaspoons whole milk (or preferred milk)
- 1/4 cup pistachios (shelled)

Instructions

1. Soup
2. Peel and dice the apple. Dice the onion. Mince the garlic.
3. Sauté the diced onion in a stock pot or dutch oven with olive oil spray for 5 minutes or until tender and translucent.
4. Add the minced garlic, and cook for 1 minute, or until fragrant.
5. Add the cubed butternut squash, diced apple, chicken broth, salt, pepper, paprika, coriander, cinnamon, and nutmeg. Stir to combine.
6. Bring the pot up to a boil, then cover and reduce to medium low heat.
7. Cook for 30 minutes. The vegetables should be fork tender and soft.
8. Blend using an immersion blender to make it smooth and creamy. You can also use a regular blender, but it has to be done in batches.
9. Toppings
10. Combine the sour cream and milk. Drizzle on top of each serving of soup. Sprinkle with the pistachios.