



### **Smokey Apple & Butternut Squash Soup**

- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 large onions, finely chopped (about 4–1/2 cups)
- 1 teaspoon chipotle chili powder
- 2 pounds butternut squash, peeled and cut into chunks (about 6 cups)
- 1 pound sweet apples, peeled and cut into chunks (about 3–1/2 cups)
- 1 cup apple juice (more if necessary)
- 1 cup chicken broth
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

1. Heat oil and butter in large saucepan; add onions and chili powder; cook and stir until onions are tender, about 10 minutes.
  2. Add squash, apples, apple juice, chicken broth, salt and pepper; bring to boil.
  3. Cover and cook on low heat until apples and squash are very soft, about 30 minutes. Cool.
  4. Puree with an immersion blender or a food processor; return to saucepan.
  5. Add additional apple juice or broth, if needed.
  6. Garnish with toasted pecans, sour cream swirls and thin apple slices, if desired.
- Makes about 7 cups.

**Nutrition Info:** Each serving (1 cup) contains 130 calories, 23 g carbohydrate (3 g fiber), 2 g protein, 4 g fat (1.5 g saturated fat), 5 mg cholesterol, and 290 mg sodium.



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