



Creamy squash apple soup

4-6 SERVINGS

INGREDIENTS

30 mL (1 tbsp.) vegetable oil
1 onion, chopped
750 mL (3 cups) squash, any variety, peeled and cubed
(butternut, pepper squash, pumpkin)
250 mL (1 cup) potatoes, cubed
1 apple, peeled and cubed
500 mL (2 cups) vegetable bouillon
375 mL (1 1/2 cup) natur-a soy original or unsweetened*
pinch ground nutmeg
pinch ground cayenne pepper
salt and freshly ground pepper to taste
GARNISH: 1 apple, thinly sliced

PREPARATION

1. In a large saucepan heat oil on medium setting and gently sauté onions with squash, potatoes and apples.
2. Add vegetable bouillon and natur-a before seasoning with nutmeg, cayenne pepper and a generous amount of salt and pepper.
3. Bring to a boil and let simmer over low heat for approximately 20 minutes, or until vegetables are soft.
4. Puree soup using a blender or food processor. Add seasonings as needed. Keep warm until served. Garnish with a fan of sliced apple.

NOTE

This recipe can be used as a base for any other type of vegetable soup. Simply substitute other vegetables of your choice for squash and apple: carrots, celery, potatoes, turnips etc.
*natur-a lite original can also be used for this recipe. For a recipe lower in fat, do not sauté vegetables in oil; instead, add vegetables directly to thoroughly skimmed warm bouillon.

