

Apple & Butternut Squash Soup

MAKES 6 SERVINGS

INGREDIENTS

- 1 onion, chopped
- 1 apple, any kind, peeled and diced
- 1 medium butternut squash, peeled and diced
- 1 cup pumpkin puree
- 32 oz. low-sodium chicken or vegetable broth
- 2 teaspoons ginger
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon thyme
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon red pepper flakes
- ½ cup non-fat, plain Greek yogurt

Optional: Roasted pumpkin seeds for garnish

DIRECTIONS

1. In a large soup pot, add onion and apples and sauté until soft. While they're cooking, place the squash in a microwave-safe bowl and microwave about 5 minutes. Alternatively, you can put the entire squash into a slow cooker, (no water or spray needed), for 4-5 hours on high or 8 hours on low. Do this the day before so the squash is ready to be cut, seeds scooped out and added to your soup.
2. Add the squash and spices to your pot full of apples and onions. Next, add the pumpkin and broth to the pot. Bring to a boil, then reduce heat to low and simmer about 15-20 min.
3. Remove from heat and if desired, use an immersion blender to puree soup. You may use a regular blender to puree, by doing so in small portions.
4. Stir in the Greek yogurt and garnish with roasted pumpkin seeds, if desired.

NUTRITION FACTS

1½ CUP PER SERVING

- 109 CALORIES
- 1.4 G TOTAL FAT
- 0.3 G SATURATED FAT
- 0 G TRANS FAT
- 0.8 MG CHOLESTEROL
- 450 MG SODIUM
- 5.8 G PROTEIN
- 21.6 G CARBOHYDRATE
- 3.3 G FIBER

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