

# BUTTERNUT SQUASH & APPLE SOUP

## Ingredients

1 medium-large butternut squash, peeled, seeded & cut into 2" cubes  
1 large onion, chopped  
3 stalks celery, chopped  
3-4 carrots, chopped  
5 c. vegetable stock  
1 green apple, peeled & diced  
2-3 Tbsp canola oil  
1/2 tsp cinnamon  
Salt, pepper & freshly grated nutmeg, to taste

## Method

- Sauté all vegetables & apple in canola oil for 5 minutes
- Add stock
- Bring to a boil & then down to a simmer for 20-25 minutes until vegetables are cooked through & tender
- Purée with a hand blender or in a food processor or blender
- Add spices & seasonings. Stir through