



# Whole Health Nutrition, LLC

Phone: (802) 999-9207 • Fax: (802) 488-5704

Address: 302 Mountain View Drive, Suite 101, Colchester, VT 05446

[www.WholeHealthNutritionVT.com](http://www.WholeHealthNutritionVT.com)

Email: [RD@WholeHealthNutritionvt.com](mailto:RD@WholeHealthNutritionvt.com)

## Butternut Squash Apple Soup

Servings: 8 Servings



### Equipment

- Cutting board
- Chef's knife
- Measuring cups, spoons
- Large Dutch oven or pot
- Immersion blender (or regular blender or food processor)
- Large baking sheet

### Ingredients

#### For the Soup:

- 2 tbsp. olive oil
- 2 medium yellow onions chopped - about 3 cups total -
- 2 medium to large butternut squash -about 5 pounds total, peeled and diced into cubes
- 4 medium apples (or 3 large) - a mix of sweet, apples such as McIntosh or Golden Delicious, peeled, cored and roughly diced

- 3-4 cups no salt added vegetable broth
- 1 1/4 tsp teaspoon kosher salt
- 1/4 teaspoon nutmeg
- 1 teaspoon dried thyme
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- Toasted pepitas or croutons for serving

#### For Sage Parmesan Croutons:

- 6 cups sourdough cubes or whole grain bread cubes (1 inch cut)- about 6 slices total will be needed
- 3 tablespoons olive oil
- 2 tablespoons minced fresh sage or 1 tbsp dried sage
- 1 teaspoon kosher salt
- 3 tablespoons freshly grated parmesan

## Instructions

1. Preheat oven to 375 degrees. In a large, deep stock pot or Dutch oven, heat the olive oil over low. Add the onions and cook until very tender, about 15 minutes, stirring occasionally.
2. While the onions cook, cut and peel the squash and apples. Add them to the pot, then add 2 cups of the vegetable broth. Bring the pot to a boil, reduce the heat to low, then cover and cook until the squash and apples are very soft, about 20 to 30 minutes (smaller pieces will cook more quickly.)
3. Meanwhile, prepare the croutons. Place the bread cubes on a large baking sheet drizzle with olive oil, sprinkle with sage and salt, then toss to coat. Spread the cubes in a single layer, then bake, until lightly crisp and brown, 10 to 12 minutes, tossing once halfway through. Sprinkle with parmesan cheese, toss to coat, then set aside until ready to serve.
4. Once the apples and squash in the soup pot are tender, puree the soup with an immersion blender or carefully treasure it transfer it to a food processor fitted with a steel blade to puree in batches. Return soup to the pot once complete. Add 1 cup of the remaining vegetable broth, then stir, adding a bit more stock as needed to reach your desired consistency (the soup will thicken somewhat when stored.) Leave the texture fairly thick and rich. Stir in the salt, thyme, nutmeg, black pepper and cayenne. Taste and add a bit more salt and pepper as desired. Serve hot topped with sage parmesan croutons or toasted pepitas.

*Note:* leftover butternut squash Apple soup can be stored airtight in the refrigerator for up to one week or frozen for up to three months.

*From: Well-Plated by Erin*  
<https://www.wellplated.com/butternut-squash-apple-soup/>