

BUTTERNUT SQUASH AND APPLE CURRY SOUP

- 3 tbsp olive oil
- 2 med. onions, chopped
- 1 clove garlic, crushed
- 2 large butternut squash
- 2 Granny Smith apples, chopped
- 2 tsp. curry powder (or less)
- 1 c. apple cider
- 4-5 c. chicken or vegetable stock
- 1 can evaporated skim milk
- Salt & pepper

Bake or microwave squash. Remove seeds or scoop out pulp; set aside.

Heat olive oil in large pan. Add onions, garlic and curry. Cook on low heat until onions are transparent, not browned, for about 7 minutes.

Add squash and apples and cook for another 10 minutes on low heat, stirring occasionally. Add cider and stock and simmer for 30 minutes.

Puree soup in blender or Cuisinart. Return to pot and cook 10 minutes more to blend flavors. Add evaporated milk. Salt and pepper to taste. Can be frozen at this point.
