Soothing Butternut-Squash Apple Soup

A rich and classic combination of squash and apples

Instruments

1 tbsp butter
1 cup diced onions
¼ cup grated carrots
1 medium Granny Smith apple, cored, peeled and cubed
1 tbsp brown sugar
¼ tsp ground nutmeg
1 butternut squash, peeled, seeded and cut into 1-inch cubes (about 4 cups) (see cooking tip)
1 medium potato, peeled and cubed
4 cups chicken broth
½ tsp salt
¼ tsp freshly ground black pepper
¾ cup low-fat milk
2 pinches cayenne pepper
Chopped fresh chives to garnish

Lyrics

♬ In a large soup pot, melt butter over medium heat. Add onions, carrots, apples, brown sugar and nutmeg. Cook and stir until vegetables and fruit begin to soften, about 5 minutes. Add squash, potato, chicken broth, salt and pepper. Bring to a boil. Reduce heat to low and simmer, covered, until vegetables are very tender, about 25 to 30 minutes. Remove from heat.

♬ Working in batches, purée soup in a blender until smooth. Return puréed soup to pot. Stir in milk and cayenne pepper. Cook over medium heat, without bringing to a boil, until heated through. Ladle hot soup into individual serving bowls, garnish with chives and serve.

Volume

< Makes 6 servings >

PER SERVING

calories	total fat	saturated fat	protein	carbohydrate	fiber	sodium
141	2 g	1 g	5 g	27 g	4 g	603 mg

The Music Behind The Meal

Make a tense day fade away by listening to Stevie Wonder's *"Uptight (Everything's Alright)"* as this enchanting soup simmers in the pot. Stevie's voice will push your worries aside before this silky smooth soup soothes your soul!

Wonder Kid!

This multi-talented musical artist learned how to play the piano, drums, and harmonica by the age of nine!

Hip Cooking Tip

Substitute two or three peeled and cubed sweet potatoes for the butternut squash to create a savory sweet potato soup. Cook-On!

★ ★ ★

Cook With Style

Count the number of turns it takes for your fabulous pepper mill to produce a ¼ tsp of freshly ground black pepper. Not having to fumble around with a measuring spoon in the future will save you time and make you look compellingly confident when seasoning your chic culinary creations.

- Chef Fullaflair