

Apple & Butternut Squash Soup

Ingredients:

- 1 onion, peeled and chopped
- 2 celery ribs, chopped
- 1 Tablespoon oil
- 4 cups broth
- 1 pound carrots, peeled and sliced
- 2 large Yukon Gold potatoes, peeled and cubed
- 1 small butternut squash, peeled and cubed
- 3-4 apples, cored, peeled and cubed
- Salt and pepper to taste
- 1/4 teaspoon pepper

Steps:

- In a stockpot, sauté the onion and celery in oil until tender.
- Add the broth, carrots, potatoes, squash and apples and bring to a boil.
- Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender.
- Remove from the heat; cool slightly.
- Transfer to a blender; cover and process until blended.
- Return to the pot; stir in the salt and pepper.
- Heat through.
- If desired, sprinkle with cilantro.