



600 EAST SUPERIOR STREET | DULUTH, MN | 55802 | (218) 464-4534

Curried Apple Soup with Butternut Squash

Serves 4-6

This curried apple and butternut squash soup warms and comforts. Each spoonful is filled with flavors of curry, ginger, nutmeg, and just enough sweetness thanks to the apples. Enjoy this soup warm or even chilled as an appetizer.

Ingredients:

3 tablespoons butter
1 small onion, diced
2 cloves garlic, minced
2 teaspoons freshly grated ginger
1-1/2 tablespoons curry powder
1/4 teaspoon ground nutmeg
1/2 teaspoon ground pepper
1/2 teaspoon Kosher salt, plus more for seasoning
1 small butternut squash, peeled, seeded, and cubed into 1" cubes
2 Granny Smith apples, cored, and cut into 1-inch pieces
4 cups vegetable stock
1/2 cup half-and-half
Sour cream, for garnish
Toasted pumpkin seeds, for garnish

Directions:

1. Melt the butter in a large soup pot over medium heat and cook the onion and garlic until translucent. Add the ginger, curry powder, salt, pepper, butternut squash, and apples and cook, stirring continuously for 3-5 minutes.
2. Add the vegetable stock and bring to a boil. Reduce to a simmer, cover and cook for another 10-15 minutes until the flavors are incorporated and the butternut squash pieces are fork tender. Remove from the heat.
3. Using an immersion blender, (or in batches in a blender), blend the soup until it is smooth. Return the soup to the pot, and stir in the half-and-half. Carefully taste the soup, and adjust the seasoning, as needed.
4. On the stovetop, toast the pumpkin seeds in a small, dry saucepan for 1-2 minutes.
5. Ladle the warm soup into bowls. Top with a dollop of sour cream and a sprinkling of toasted pumpkin seeds.