THE J.M. SMUCKER Co

Apple Squash Soup

Prep Time	Cook Time	Serves	Difficulty
15 mins	35 mins	10	N/A

Ingredients

- 1 tbsp (15 mL) Canola or Vegetable Oil
- 1 onion, chopped
- 1 clove garlic, chopped
- 3 lb (1.5 kg) butternut squash, peeled and diced (about 8 cups / 2 L)
- 1 sweet potato, peeled and diced (about 1 lb / 500 g)
- 2 apples, peeled, cored and diced
- 4 cups (1 L) chicken or vegetable stock
- 1 tbsp (15 mL) chopped fresh thyme or 1 tsp / 5 mL dried
- 1 tbsp (15 mL) chopped fresh rosemary or 1 tsp / 5 mL dried
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 3/4 cup (175 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

Directions

Step 1:

Heat oil over medium heat in a stock pot or a large pot. Add onions and garlic and cook gently 2-3 minutes or until soft and fragrant.

Step 2:

Add squash, sweet potato and apples. Stir to combine. Add next 5 ingredients. Bring to boil. Reduce heat, cover and simmer for 30 minutes or until squash is very tender.

Step 3:

Purée soup. Return to low heat for 5 minutes to warm soup. Stir in evaporated milk. Taste and adjust seasoning if necessary.

Images

