

Butternut Squash Soup

Ingredients:

- 1 teaspoon olive oil**
- 1 1/2 cups onion, chopped**
- 3 cloves garlic, chopped**
- 1 1/2 pounds of peeled, butternut squash cut into one inch pieces**
- 2 cups low sodium chicken or vegetable broth**
- 1 cup (total) organic apple juice, divided into half cup portions**
- 1 tablespoon curry powder – or to taste**

Instructions:

In a large Dutch oven, over medium heat add the olive oil and onions. Cook until just translucent. Add the chopped garlic and stir for thirty seconds, to prevent garlic from burning. Stir in the squash and curry powder. Stir for two minutes. Add the broth and one half cup of apple juice. Bring mixture to a boil and then simmer for ten to fifteen minutes until squash is tender. Transfer mixture to a blender in batches and blend until smooth. Depending on the desired thickness of the soup, stir in the second half of apple juice.