

Spiced Squash and Apple Soup

Serves 6

A wonderful, thick, spicy puree with tart overtones. Use low fat yogurt or 5% cream instead of whipping cream for a low fat soup, but do not boil yogurt, as it will curdle.

- 1 tbsp olive oil
- 3 onions, thinly sliced
- 1 carrot, thinly sliced
- 1 medium butternut squash, peeled and diced
- 1 large apple, peeled and thinly sliced
- ½ tsp ground allspice
- ½ tsp ground cinnamon
- 1 tsp dried thyme
- ½ tsp dried chilli flakes
- 5 cups chicken stock
- ½ cup whipping cream or coconut milk
- Salt to taste
- 2 tbsp chopped chives



Directions

1. Heat oil in a large pot on medium-high heat. Add onions, carrot, squash and apple and sauté until softened, about three minutes. Add allspice, cinnamon, thyme and chilli flakes.
2. Stir in stock, bring to a boil, reduce heat and simmer, uncovered, for 30 minutes, or until vegetables are tender. Puree soup in a food processor or blender until smooth.
3. Cool the soup. Return soup to pot. Add cream and bring to a boil. Simmer for 5 minutes. Taste for seasoning, adding salt as required. Garnish with chopped chives before serving.

N.B. cream will curdle if cold cream is added to hot soup. You may warm the cream slowly then add to the hot soup to prevent curdling.

Optional

- For richer flavour roast the whole squash at 375F for 30 minutes. Let it cool for a few minutes, cut in half length wise and remove seeds. Scoop the cooked squash out and into the sauce pan
- For people with dairy issues substitute coconut milk
- To enhance the apple flavour use 1 ½ cups apple cider and 3 ½ cups stock
- To make the soup vegetarian use vegetable stock