
Butternut Soup with Apples and Curry

Shona nelson

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4 pounds butternut squash, peeled , seeded and cut into one-inch cubes

3 McIntosh apples, cored, peeled and cut into one-inch cubes

2 sweet onions, peeled and cut into one-inch cubes

3 tablespoons olive oil

3 to 4 cans chicken broth

1 can light coconut milk

1 tablespoon Madras curry

Place the butternut squash, apples and onions in a bowl. Toss with oil. Divide the squash between two sheet pans in a single layer.

Roast in a 450 degree oven for 35 to 45 minutes.

Heat the chicken broth to a simmer. When the vegetables are tender, place batches into a food processor fitted with a steel blade. Add the chicken broth and coarsely puree' until all of the vegetables are processed.

Place the vegetables into a large pot. Add the light coconut milk and enough chicken broth to make a thick soup. Stir in the curry, salt and pepper.

Simmer for 30 minutes before serving.

Per Serving (excluding unknown items): 1378 Calories; 58g Fat (35.0% calories from fat); 35g Protein; 209g Carbohydrate; 30g Dietary Fiber; 0mg Cholesterol; 2417mg Sodium. Exchanges: 10 1/2 Grain(Starch); 1 1/2 Lean Meat; 3 1/2 Vegetable; 1/2 Fruit; 10 1/2 Fat.