

Butternut Squash Soup (#4) (for 8)

Source: *The Golden Door Cookbook*

This lovely autumnal soup is flavored with orange + garnished with apple slices

INGREDIENTS:

2 C 1-inch slices leeks (white part only; 2 leeks) 2 tsp canola oil
1/2 C coarsely chopped onions (2 oz) 2 carrots, sliced (8 oz)
1 green apple, peeled/cored/cut into 1" wedges (4 oz)
1 butternut squash, peeled/seeded/cut into 1" chunks (2 lbs)
1 sprig fresh thyme OR 1/2 tsp dried 1 bay leaf
1 tsp ground allspice 1 tsp ground cinnamon
2 tsp kosher salt 8 tsp nonfat plain yogurt
7 C Vegetable Broth or Chicken Stock, plus more if necessary
1/4 C frozen orange juice concentrate, thawed
1 green or red apple, peeled/cored/thinly sliced (4 oz)
8 sprigs fresh chervil

DIRECTIONS:

In large pot, heat oil over medium heat. Add leeks, onions, carrots, apple wedges, squash, thyme, bay leaf, allspice, cinnamon +salt. Cook about 10 minutes, stirring occasionally, till the vegetables begin to soften. Add the broth. Bring to boil over high heat, reduce heat to medium-low - simmer about 45 minutes, partially covered, or till vegetables are tender. Remove thyme sprig + bay leaf and let soup cool for 15 minutes.

In blender or food processor, process soup to a smooth consistency (This may have to be done in batches) - return to pot, stir in orange juice concentrate, and reheat gently, adjusting consistency by adding more broth if necessary.

Ladle soup into heated soup bowls - garnish each with tsp yogurt, some apple slices + sprig of chervil.

Nutrition Facts: **Calories:** 153 **Fat:** 2g **Carbohydrates:** 29g **Cholesterol:** 0mg **Sodium:** 643mg
Protein: 8g **Fiber:** 6g **%Cal. from Fat:** 12% **%Cal. from Carbs:** 76%