

BUTTERNUT SQUASH SOUP

Recipes	1
Servings	16 cups
Ingredients	
3 pound Butternut Squash	2
Apples (peeled, cored, diced into 1 inch chunks)	2
Dehydrated Onion Flakes	½ cup
Cinnamon Sticks (3 inches in size)	2
Ground Cinnamon	½ tsp
Brown Sugar (or use half the amount of Splenda Brown Sugar)	¼ cup
Ground Ginger	¼ tsp
Dry Minced Garlic	1 tsp
Salt	1 ¼ tsp
Water	8 cups
Augason Chicken Broth Powder (if using a different brand use enough granules to make 8 cups broth)	1 TBL
Alpine brand Apple Spice Drink sugar free (optional)	1 pouch
Pepitas (Pumpkin Seed Kernels) Roasted and salted (to serve on top of soup in bowl)	1 cup

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Assembly Directions: Cut squash in half; discard seeds. Place the squash in cake pan skin side down. Brush squash with olive oil and then add about 1 inch of water to the pan. Cover pan with tin foil and bake at 400° for 50-60 minutes or until tender. Cool slightly; scoop out pulp or remove the peeling. Put the squash in a bowl and mash with a potato masher. Set aside.

Soup: Put squash and the remaining ingredients in a 5 quart pot. Bring to a boil (do not add Pepitas). Reduce heat; cover and simmer for 10-20 minutes, until apple is tender. Discard cinnamon stick. Blend soup until smooth using an Immersion blender or in a regular blender, process soup in batches. Return blended soup to the pan and heat through. To serve soup put in a bowl and top with Pepitas.

Alternative cooking- slow cooker method: Peel and dice raw butternut squash and cut into 1 inch cubes. Put in slow cooker with remaining ingredients (except Pepitas). Cook on low 6 hours or high 4 hours until squash is tender. Remove cinnamon stick and discard. Blend soup until smooth using an Immersion blender. To serve soup put in a bowl and top with Pepitas.

Freezing Directions:

Cool to room temperature and put in freezer bags, (size of bag based on the size of your family). Push all of the air out of the bag. Label and freeze. Will last in the freezer for years, unless there are air pockets where ice crystals can form.

Serving Directions:

Allow the mixture to thaw in the refrigerator. Warm soup, place in a bowl and top with Pepitas

Nutritional Info: (per 1 cup serving)

Per Serving: 83 Calories; .4 g Fat; 1.7 g Protein; 22.4 g Carbohydrate; 4.3 g Dietary Fiber; 2.5 mg Cholesterol; 487.2 mg Sodium. NOTE: If you add 1 TBL of Pepitas to bowl of soup it adds 40 calories and 4 grams of fat.

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Will keep indefinitely unless ice crystals form in air pockets.

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