

Autumn's Best Butternut Squash, Apple, and Pear Soup



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When I think of autumn, squash comes immediately to mind as do apples and pears. I combined all three for this easy, vegetarian soup. Like most soups, this one is pretty versatile, and you can swirl in just about anything to make it more of a meal: quinoa, rice, nuts, leftover roasted chicken, or pumpkin seeds.

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Recipe type: Soup

Serves: 6

Ingredients

- 2 tablespoon extra virgin olive oil
- 1 small onion, cut into ½-inch dice, (1 cup)
- 2 garlic cloves, minced
- One 20-ounce carton diced butternut squash, (3 cups)
- 1 apple, unpeeled and cut into 1-inch dice
- 1 pear, unpeeled and cut into 1-inch dice
- ½ teaspoon curry powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- One 32-ounce carton all-natural vegetable broth, (4 cups)
- Kosher salt and black pepper
- Optional toppings: toasted, chopped walnuts, roasted pumpkin seeds, chopped chives, plain Greek yogurt

Instructions

1. Heat the oil in a Dutch oven or large saucepan over medium heat. Add the onion and cook, stirring frequently, until tender, 5 minutes. Stir in the garlic and cook until fragrant, 1 more minute.
2. Add the squash, apple, pear, curry powder, cinnamon, and ginger and stir to combine.
3. Stir in the broth, increase the heat to high, cover, and bring to a boil. Once boiling, reduce the heat and maintain at a low boil, covered, until the squash is tender, about 30 minutes.
4. Use an immersion blender to puree the soup. If you don't have an immersion blender, let cool for about 15 minutes, transfer to a blender, and puree in batches until very smooth. Transfer back to the pot, reheat, and season with salt and pepper to taste. Serve with optional toppings.

Notes

Each serving has 180% vitamin A and 25% vitamin C.

Nutrition Information

Serving size: (1 ¼ cups), Calories: 130, Fat: 5g, Saturated fat: 0.5g, Carbohydrates: 22g, Sodium: 430mg, Fiber: 5g, Protein: 2g