

Butternut squash and apple soup

Ingredients:

1 tsp. olive oil
1 LG yellow onion (approximately 1 cup)- chopped
1/2 jalapeño pepper- chopped *
1 tsp. curry powder
1/4 tsp. adobo seasoning
2 cups chicken/vegetable broth
2 tbsp. butter
2 fresh butternut squash- peeled, de-seeded and chopped into approximately 1 inch cubes

1/2 cup apple cider
3 medium sized apples **
1 cup heavy cream
salt/pepper/paprika

*We used ½ jalapeño *with seeds*. A full pot of soup was zingy with a “late kick.” You can always add more spice, so use your discretion.

**We used tart apples since the squash by itself is sweet. This is up to your taste preference as well.

Garnishes:

crumbled bacon
garlic croutons

It’s finally feeling like fall around here! Cue the fireplace, cozy socks and comfort food! We’ve taken a fall favorite and added a bit of a spicy kick. This soup is so easy to make and presents itself like you were in the kitchen all day! We made ours in the Instant Pot®, but can easily be adapted for a slow cooker or stove top.

Let’s make it!

Put your Instant Pot® on sauté. Heat the olive oil. Add onion, jalapeño, curry powder and adobo seasoning. Cook until fragrant (about 3-5 minutes.)

Add cubed butternut squash, chicken broth and tab of butter.

Cook on high pressure for 6 minutes. Release Pressure.

Add the cubed apples and apple cider.

Cook on high pressure for 3 minutes. Release Pressure.

Blend with your immersion blender until creamy. Stir in the heavy cream.

Taste!

This taste is important. What spices do you need? We added some salt, pepper, paprika and a dash more adobo seasoning. This is all preferential.

Top with crumbled bacon, trust us on this one.

You can serve this as a meal itself with your favorite bread or as a first course to an epic dinner party.

Enjoy!

** * Adapt this recipe for your slow cooker! Sauté onion, jalapeño, curry powder and adobo seasoning on the stovetop. Cook until fragrant then add to your slow cooker. Next, add the chicken broth, squash, butter, apple cider and apples (apples on top). Cook this mixture on low for 6-8 hours, or until the squash is softened. Blend with your immersion blender. Stir in cream. Taste!***