Apple, Butternut Squash Soup

Makes 7.75 cups (1.94 L)

This recipe is adapted from the Kick Diabetes Cookbook by Brenda Davis and Vesanto Melina. It is a creamy, comforting soup. Roasting the squash first provides a greater depth of flavor and makes removing the flesh a breeze! The apple adds a natural sweetness that further elevates the flavor.

Ingredients:

3 pounds fresh butternut squash (generous medium-sized squash)
1 large apple
5 cups water
1 large onion, chopped
3 tablespoons light miso
3 tablespoons peeled and grated fresh ginger
1 tablespoon mild Indian curry paste
½ red chili, seeded and diced, or ⅛ teaspoon cayenne (optional)
½ teaspoon ground turmeric
½ cup raw cashews
Salt to taste
Freshly ground black pepper

Instructions:

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper or a silicone baking mat.
2. Cut the squash in half lengthwise. Scoop out and discard the seeds and membranes. Place the squash face down on the cookie sheet.
3. Bake for 30 minutes. Cut the apple in half and core it. Place it on the cookie sheet with the squash and continue cooking another 25-30 minutes.

4. Remove from oven. Scoop out the flesh (discard the skin) of both the squash and apple and transfer it to a large soup pot.
5. Add 4 cups of water, onion, miso, ginger, curry paste, optional chili, and turmeric. Cook over medium heat, stirring occasionally, for 30 minutes.
6. Transfer to a blender and process until smooth. Pour back into the soup pot.
7. Put the remaining 1 cup of water and the cashews in the blender and process until smooth and creamy.
8. Pour into the soup and stir to combine.
9. Cook over medium heat until warmed through, 5 minutes.
10. Season with salt and pepper to taste. Decorate with seeds, dried peppers, or herbs. Serve hot.

