

Recipe of the Month – October 2019

Autumn Soup

Serves 6

Serving Size: 1 ½ cups

Cost per Serving: \$1.15

Ingredients:

- 1 butternut squash (about 4 pounds)
- 1 Tablespoon oil (canola, olive, vegetable)
- 1 onion, diced (about 1 cup)
- 2 apples (peeled, cored, and sliced) (about 2 cups)
- 4 cups reduced sodium chicken broth
- 4 ounces Neufchatel cream cheese, cubed



Directions:

1. Wash squash and pat dry with a paper towel. Prick skin 6-8 times with a knife or fork. Place squash on a microwave safe plate and microwave for 5 minutes.
2. When the skin of the squash is cool enough to touch, cut off the top and bottom of the squash. Cut off the peel and cut the squash in half lengthwise. Scoop out seeds. Cut squash into cubes.
3. Heat oil in a large saucepan over medium high heat. Add onion and cook for 5 minutes.
4. Add squash, apples, and chicken broth. Heat to boiling and then reduce to medium low. Cover and cook for 25 minutes until squash and apples are tender.
5. Blend soup until smooth using an immersion blender, blender or food processor.
6. Return soup to saucepan and add Neufchatel cheese. Cook and stir with a whisk until cheese is melted.

Nutrition Facts per Serving: 210 Calories, 7g total Fat (2.5g sat. fat), 15mg. Cholesterol, 440mg Sodium, 35g Carbohydrates, 6g Fiber, 12g Sugar, 6g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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