

Autumn Squash Soup

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Ingredients:

- 3 tablespoons butter
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 teaspoon Kosher salt
- 1 12 ounce package of frozen squash
- 1 15 ounce can of pumpkin puree
- 1 cup chicken broth
- 1 cup apple cider
- 1/4 cup honey
- 1/4 cup sugar
- 1/2 cup cream
- 2 teaspoons curry powder
- 1/2 teaspoon cinnamon
- Freshly grated nutmeg
- Toasted pumpkin seeds or pine nuts

Directions:

In a large pot melt butter. To keep the butter from browning, add 1 tablespoon vegetable oil. Add onion and salt. The salt will sweat the onions and keep them from turning brown.

Sauté the onion until translucent, about 8 minutes. Add squash, pumpkin puree, chicken broth and apple cider. Cook over low heat until the soup begins to bubble. Add honey, sugar, curry powder, cinnamon and nutmeg and cook for another 5 – 7 minutes.

Lastly, add cream and heat through. Using an emersion blender, mix soup until smooth and creamy. If you don't have an emersion blender, carefully ladle the soup into a blender and mix until smooth and creamy. Serve hot with toasted pumpkin seeds or pine nuts. Enjoy!

