

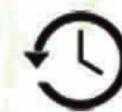
Butternut Squash Soup



Contain:  

Spiciness:   MILD

Serves: 



Prep Time : 10mins Cooking Time : 35mins



Ingredients :

- 1 tbsp (15 mL) canola oil
- 2 lb (1 kg) large butternut squash, peeled, seeded, cut into 1" (2.5 cm) cubes
- 2 Granny Smith apples, cored and sliced
- 1 large onion, chopped
- 1 tsp (5 mL) ground coriander
- Pinch cayenne pepper
- 4 tbsp (60 mL) Soy Asahi Seafood Stock
- 4 cups (1000 mL) of water
- 1 tbsp (15 mL) butter or margarine
- 12 fresh sage leaves

Instructions :

1. In saucepan, heat oil over medium heat; cook squash, apples and onion until almost tender. Add coriander and cayenne; cook, stirring, for 2 minutes.
2. Add broth; bring to boil. Cook over low heat for 10 minutes or until squash is tender. Using slotted spoon, transfer squash mixture to food processor; cover and blend until smooth, adding enough cooking liquid to make desired consistency.
3. In small skillet, heat butter; cook sage leaves until crisp. Transfer to paper towel, reserving butter in skillet. Divide soup among 4 bowls; drizzle with sage-flavoured butter. Garnish with sage leaves.



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