

Carrot Apple Butternut Squash Soup

Prep Time 15 mins
 Total Time 45 mins
 Meal Type Lunch, Dinner
 Source From [Milk and Honey](#)
[Nutrition](#)

 Servings 6



Ingredients

- 1 sweet yellow onion, *chopped*
- 1 Tbs olive oil
- 2 cup cashews , raw
- 1 fuji apple, *chopped, unpeeled, and core removed*
- 1 large carrot, *chopped and unpeeled*
- 2 lb chopped butternut squash about a 3 pound Squash
- 4 cup vegetable broth (stock low sodium)
- 1 tsp thyme
- 1/2 tsp salt

Directions

Prep

1. Chop onion, apple, carrot, and butternut squash. Leave apple and carrots unpeeled.

Make

1. Heat oil in large pot. Add onion and sauté for 5 minutes.
2. Add cashews, stir, and sauté for 5 minutes.
3. Add apple, carrot, and butternut squash. Stir together and cook for 5 minutes with lid on. Add vegetable stock, thyme, and salt.
4. Bring to a boil, reduce heat, and simmer with lid on for 15-20 minutes until squash is soft. Remove from heat.
5. Using an immersion blender, purée in the pot, or transfer to a stand blender in batches and purée.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
 Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database.
 Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 23.7g		36%	Total Carbohydrates 29g
Saturated Fat 4.5g		22%	Dietary Fiber 4g	14%
Trans Fat 0.0g			Total Sugars 9g	
Cholesterol 0mg		0%	Protein 8g	
Sodium 647mg		28%		
Calories 342				
per serving				
Vitamin D 0mcg 0% · Calcium 58mg 5% · Iron 3mg 18% · Potassium 545mg 11%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -