

Butternut Squash & Apple Soup

This is my all time favorite soup, and it's good for you. It's a vegetarian variation of a popular soup from The Silver Palate Cookbook and is one of the best-selling soups at Barefoot Contessa. The creamy butternut squash and sweet apples balance the spicy curry.

- 2 Tbl unsalted butter
- 2 Tbl good olive oil
- 4 Cups chopped yellow onions (3 large)
- 2 Tbl mild curry powder
- 5 Pounds butternut squash (2 large)
- 1 ½ Pounds sweet apples, such as McIntosh (4 apples)
- 2 Tsp kosher salt
- ½ Tsp freshly ground black pepper
- 2 Cups good apple juice or cider

Warm the butter and olive oil in a large stockpot over low heat. Add the onions and curry powder and cook, uncovered, for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot.

Peel the squash, cut in half, and remove the seeds. Cut the squash into chunks. Peel, quarter, and core the apples. Cut into chunks.

Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, then cover, reduce the heat to low, and cook for 30 to 40 minutes, until the squash and apples are very soft. Process the soup through a food mill fitted with a large blade, or puree it coarsely in the bowl of a food processor fitted with a steel blade.

Pour the soup back into the pot. Add the apple juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.