

Curried Squash and Apple Soup

This lightly curried soup features two stars of the fall harvest – Ontario squash and apples.

3 medium	Ontario apples, peeled, cored and cut into chunks
2	Ontario acorn squash (about 18 oz/600 g each), peeled, seeded and cut into chunks
1 medium	Ontario onion, cut into chunks
2 cloves	Ontario garlic, smashed
2 tbsps (25 ml)	butter
1 tsp (5 ml) each	curry powder and ground cumin
4 cups (1 L)	chicken broth or stock
1/4 cup (50 ml)	long-grain rice
	salt and pepper

1. In large heavy saucepan, cook apple, squash, onion and garlic in butter over medium-high heat, stirring occasionally, for 5 minutes.
2. Stir in curry powder and cumin and cook, stirring for 1 minute.
3. Stir in chicken broth and rice; bring to boil. Reduce heat and simmer, stirring occasionally, for 25 minutes or until apple and squash are tender. Remove from heat and drain, reserving broth.
4. In food processor or blender, purée cooked vegetable mixture in batches, until smooth, adding some reserved stock to purée as needed. Return mixture to saucepan; stir in reserved broth and heat through.
5. Season with salt and pepper to taste. *Makes 4 to 6 servings.*