

Apple-Butternut Squash Soup from Martha Stewart

A Thanksgiving-worthy soup blends tangy, sweet apples with mellow butternut squash; cumin, coriander, ginger, and cayenne add vibrant flavors.



Ingredients

- 1 tablespoon unsalted butter
- 1 medium onion, diced
- 1 butternut squash (about 2 pounds), peeled, seeded, and chopped
- 4 red or golden apples, peeled, cored, and chopped, plus 1 apple, finely diced and tossed in lemon juice, for garnish (optional)
- 2 teaspoons coarse salt
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground black pepper
- 2 cups homemade or store-bought low-sodium chicken or vegetable stock
- 2 1/2 cups water, plus more if needed
- 1 jalapeno chile, thinly sliced, for garnish (optional)
- Sour cream, for garnish (optional)

Directions

1. Melt butter in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until it begins to soften, about 4 minutes. Add squash, and cook, stirring occasionally, until soft, about 10 minutes.
2. Add apples, salt, cumin, coriander, ginger, cayenne, black pepper, stock, and the water (just enough to cover). Bring to a boil. Reduce to a simmer, and cook until vegetables are very soft, about 30 minutes.
3. Puree in batches in a food processor or blender until smooth, and return to saucepan. Heat over low, thinning with more water if necessary. To serve, ladle into shallow bowls; garnish with diced apples, jalapeno slices, and sour cream if desired.

COOK'S NOTES

The soup can be made ahead of time and refrigerated up to 3 days or frozen up to a month; let cool completely before storing in an airtight container. Reheat gently before serving (thaw frozen soup overnight in the refrigerator).