2 teaspoons oil
2 cups chopped onions
2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (about 4 cups)
2 apples, peeled, cored, and diced, or 1 can (15 ounces) applesauce
2 cloves garlic, crushed or ¼ tsp garlic powder
2 Tablespoons coarsely chopped, peeled fresh ginger, or 1 teaspoon powdered ginger
½ teaspoon thyme or Italian seasoning
4 cups chicken or vegetable broth
1 cup water
1 Tablespoon lemon juice
½ cup plain nonfat yogurt (optional)

Serves: 10, 1 cup per serving

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1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, apples, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender. (If using a blender, follow manufacturer’s directions for pureeing hot liquids.)
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.

Chef’s Notes:
- If you don’t have a blender, try cooling the soup and using a potato masher to break down the squash and apples.
- Fresh or canned pears can be used in place of apples.