

Kabocha and Apple Soup

Serves 4

- ½ kabocha (steamed or microwave 10 min) – remove skin and seeds
- 1 small sweet potato – best to steam it with squash
- 1 medium onion, finely chopped
- 1 large apple, peeled, cored, and chopped into small chunks (can also use pear)
- 1 scant tsp curry powder
- 480 ml chicken broth (2 cubes)
- 240 ml tonyu or milk
- Pinch of nutmeg



1. Pierce **kabocha** with a fork and place on paper towel in microwave for 8-10 minutes.
or
Steam kabocha in steamer until tender
2. Do the same (above) with **sweet potato**, if using. (Don't cook in microwave...just steam or bake in regular oven)
3. Let squash cool then remove seeds and fibers.
4. Meanwhile, heat **oil** in Dutch oven.
5. Sauté **onions** and **apples for 5 minutes**, until softened. Sprinkle **curry powder** and stir well.
6. Scoop flesh of **squash** from skin and add to pot. Discard skin.
7. Add **sweet potato** to pot.
8. Pour in **chicken stock**. Bring to boil, then cover and **simmer for 15 minutes**.
9. Use immersion blender or regular blender, puree until soup is smooth.