

Autumn Harvest Soup

The acidity of the tomato and orange juices in this silky smooth soup balance the sweetness of the squash and apple juice, adding a piquant new dimension to a fall favorite. VS

- ½ medium butternut squash, peeled and cut into ¾-inch pieces (560 gm)
- 1 medium onion, chopped (240 gm)
- 2 tablespoons canola oil
- 1 medium carrot, peeled and coarsely chopped (90 gm)
- 2 medium stalks celery, coarsely chopped (115 gm)
- ½ teaspoon grated fresh or ground nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon dried thyme
- 3 bay leaves
- 2½ cups water
- 1 cup tomato juice
- 1½ cups apple juice
- ½ cup orange juice
- salt and pepper

1. In a stockpot, place the squash cubes in water to cover. Bring the water to a boil and cook, uncovered, until squash is tender, about 12 to 15 minutes. Drain, reserving 2½ cups water (add more water if needed to make that amount). Set aside.
2. In a large saucepan or stockpot, sauté the onion in the oil for about 3 minutes, until tender and translucent. Add carrot, celery, spices, thyme, and bay leaves along with the 2½ cups reserved water. Cover and simmer until vegetables are very tender, about 6 minutes. Remove and discard bay leaves.
3. In a food processor or blender, purée the carrots and celery in their liquid and return to the pot. Purée the squash with the tomato, apple, and orange juices and return to the pot. Gently reheat, stirring to mix. Season to taste with salt and pepper.

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Makes 8 cups
½ cup per serving

	recipe	serving
protein (gm)	12.4	0.8
calories (kcal)	919	57
phenylalanine (mg)	392	24
tyrosine (mg)	318	20
leucine (mg)	562	35
sodium (mg)	864	54
potassium (mg)	4150	259
phosphorous (mg)	391	24

