

CURRIED BUTTERNUT SQUASH & APPLE SOUP - CROCK POT

SERVES: 6

INGREDIENTS

- 2 tablespoons [unsalted butter](#)
- 2 cups onions, chopped
- 1/2 cup celery, thinly sliced
- 1 tablespoon curry powder
- 1/2 teaspoon ginger
- 3 lbs butternut squash, peeled, seeded, and cut into 1 inch cubes (weigh after peeling & seeding)
- 1 lb apple, peeled, cored &, cut into wedges
- 1/4 cup white rice
- 6 cups chicken stock
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground pepper

DIRECTIONS

- In a skillet, melt butter over medium heat.
- Add onions & celery and cook for 2 to 3 minutes, until the vegetables are translucent.
- Add curry powder and ginger and cook for 5 to 6 minutes longer over low heat, until veggies are softened and spices are fragrant.
- Place butternut squash, apples, and rice in slow cooker (in that order).
- Add veggie mixture from skillet.
- Add chicken stock, salt and pepper.
- Cook on high for 1 hour, then reduce to low temperature and cook 5 additional hours.
- Puree the soup to a completely smooth texture with hand blender or blender.
- Enjoy!