

Healthy Food for a Wealthy Mood



Roasted Butternut Squash Soup

Ingredients

- 1 butternut squash, peeled and chopped, seeds removed
- 2 tablespoons butter
- 1 medium Granny Smith apple, peeled, cored, chopped (squash and apple ratio should be 3:1)
- 1 carrot chopped (about $\frac{3}{4}$ c)
- 1 celery rib chopped (about $\frac{3}{4}$ c)
- $\frac{1}{2}$ medium yellow onion
- 3 cups low sodium vegetable or chicken broth
- 1 cups water
- $\frac{1}{2}$ c. roasted pumpkin seeds, for garnish (optional)

Directions:

1. Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and saute for 5 minutes. Lower the heat if the vegetables begin to brown.
2. Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
3. Use an immersion blender to puree the soup, or work in batches and puree the soup in a standing blender.
4. Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with pumpkin seeds

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