

October 2014

Butternut squash and apple soup with wild rice and toasted almonds

- 2 cups (500 mL) water
- 1/2 cup (125 mL) wild rice
- 1/2 cup (125 mL) sliced almonds
- 1 tbsp (15 mL) canola oil
- 1 cup (250 mL) chopped onion
- 2 cups (500 mL) low-sodium chicken broth
- 2 cups (500 mL) water
- 3 lb (1.5kg) butternut squash, peeled and flesh cut into 1-inch (2.5 cm) cubes to yield 8 cups (2 L)
- 1 Granny Smith apple, peeled, cored and coarsely chopped
- 1 bay leaf
- 1 cinnamon stick
- 1/2 tsp (2 mL) nutmeg



Directions

1. In medium saucepan, bring 2 cups (500 mL) water to a boil and add wild rice. Reduce heat, cover and simmer for about 45 minutes or until water is evaporated and rice grains have split open. (Check occasionally to ensure water does not evaporate too quickly causing rice to burn). Drain any excess water and set aside.
2. In nonstick skillet over medium-high heat, toast almonds to golden brown, about 1-2 minutes. Watch so they don't burn. Remove and set aside.
3. In large soup pot, heat canola oil over medium-high heat. Add onions, reduce heat to medium and cook for 3-4 minutes or until opaque; do not allow onions to brown. Stir in broth, water, squash, apple, bay leaf and cinnamon stick. Bring to a boil and then reduce heat and simmer for 25-30 minutes or until squash and apples are tender. Remove from heat and remove bay leaf and cinnamon stick.
4. Purée soup with immersion blender or food processor. Return to low heat and stir in nutmeg. Stir in wild rice to heat through. Spoon soup into bowls and garnish each bowl with 1 tbsp (15 mL) toasted almonds.

Nutrition Information

Per serving (1 cup / 250 mL)

- Calories 100
- Protein 3 g
- Total Fat 3 g
 - Saturated Fat 0 g
 - Cholesterol 0 mg
- Carbohydrates 17 g
 - Fibre 4 g
 - Sugars 4 g
- Sodium 20 mg
- Potassium 277 mg

Recipe provided by CanolaInfo.org