

# Butternut and Acorn Squash Soup

Prep Time 30 mins  
 Total Time 1 hr 10 mins  
 Meal Type Lunch, Side  
 Contributed By



JULIE HARRINGTON  
 REGISTERED DIETITIAN & CULINARY NUTRITION

Source From [Chef Julie Harrington, RD](#)

Servings 8



## Ingredients

lb,c g,ml

- 1 butternut squash, *chopped* (~4 cups)
- 1 acorn squash, *chopped* (~2 cups)
- 2 Tbs olive oil
- 1 onion, *chopped*
- 3 cloves garlic, *minced*
- 3 carrots, *peeled and diced* (~1 cup)
- 1 1/2 Tbs garam masala
- 1/8 tsp ground nutmeg
- 2 Tbs chickpea miso, *or white miso*
- 1/2 cup cashews, *raw*
- 1 apple, *peeled and diced* (preferable a sweet variety like Honeycrisp, gala, pink lady)
- 4 cup low-sodium vegetable broth
- 2 cup water
- 1/4 tsp pepper
- salt, *to taste*

## Directions

### Make

1. Preheat oven to 400° F. Line a baking sheet with parchment paper. To easily cut the squashes, pierce butternut squash and acorn squash with a paring knife. Place on a baking sheet and bake for 20 minutes to soften, so it will be easier to chop. Let cool until able to handle. Peel and dice squash into cubes.
2. In a large pot, heat olive oil over medium-high heat. Add onions, garlic, and carrots. Saute for about 3 minutes, until onions start to become translucent.
3. Add the garam masala and nutmeg and coat the vegetables.
4. Stir in the chickpea miso, cashews, butternut squash, acorn squash, and apple. Stir to combine. Add the vegetable broth and water, covering the vegetables. (Use more water, if needed).
5. Simmer soup for 30 minutes, until squash is tender. Season with salt and pepper.
6. In batches, add soup to a blender. Blend until smooth. If soup is too thick, add more water.
7. Serve warm. (Optional: sprinkle pepitas on top to garnish)

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>175</b>	<b>Total Fat</b> 8.2g	12%	<b>Total Carbohydrates</b> 24g	8%
		Saturated Fat 1.3g	6%	Dietary Fiber 4g	17%
		Trans Fat 0.0g		Total Sugars 7g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 4g	
		<b>Sodium</b> 516mg	22%		
Vitamin D 0mcg 0% · Calcium 77mg 7% · Iron 2mg 10% · Potassium 596mg 12%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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