

Autumn's Best Butternut Squash, Apple, and Pear Soup

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-pear-soup>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 small onion cut into ½-inch dice,, 1 cup
- 2 garlic cloves minced
- 20 ounces butternut squash carton diced, 3 cups
- 1 apple unpeeled and cut into 1-inch dice
- 1 pear unpeeled and cut into 1-inch dice
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 32 ounces vegetable broth carton all-natural, 4 cups
- kosher salt
- black pepper
- chopped walnuts optional
- roasted pumpkin seeds optional
- chives optional
- plain greek yogurt optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 24 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 740 milligrams
8. Sugar: 10 grams

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