

Squash and Apple Soup



Simmer up a pot of this golden potage and bask in the delightful combination of squash and apple.

Nutrition Content Per 100g:

Calories 50kcal; Total Fat 1.5g; Saturated Fat 0g; Trans Fat 0g; Total Carbohydrates 10g; Dietary Fiber 1g; Sugars 4g; Protein 1g; Calcium 30mg; Potassium 216mg; Sodium 125mg; Iron 0mg; Vitamin A 0iU; Vitamin C 0mg

Benefit of Using U.S. Permeate:

• Replacement of salt for a “better-for-you” soup with lower sodium.

Ingredients

Olive Oil	12g
Ginger, minced	30g
Red Onion, chopped	50g
Squash, cooked and mashed	450g
Apple, peeled and chopped	120g
Vegetable Broth	300g
Salt	2g
U.S. Permeate	33g
Ground White Pepper	0.02g
Total	100g

Preparation

1. Pour olive oil into a pot and heat over medium heat. Add in onion and ginger, sauté until translucent.
2. Add squash and apple. Cook briefly then add the vegetable broth.
3. Bring to a boil then lower heat to a simmer. Cook until the squash and apple are tender.
4. Puree the mixture with an immersion blender until it becomes smooth and creamy.
5. Season with salt, U.S. permeate and white pepper. Mix well. Cook for another 1 to 2 minutes.
6. Pour into serving bowls. Serve hot.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSADairy.org/SEAsia