



Roasted Butternut Squash Soup with Wild Rice and Apples

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



152 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 pinch cayenne pepper to taste (or)
- ☐ 3 teaspoon kosher salt
- ☐ 1 onions roughly chopped
- ☐ 2 sprigs thyme leaves
- ☐ 3 tablespoon butter unsalted
- ☐ 4 cup vegetable broth

- ☐ 4 tablespoon almonds whole
- ☐ 0.5 cup rice wild

Equipment

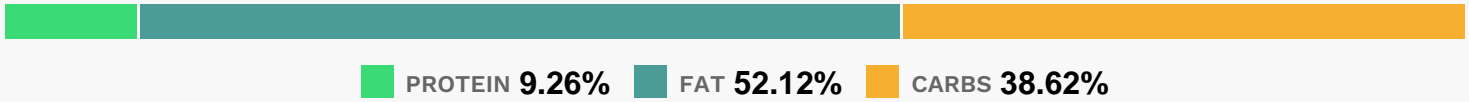
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ immersion blender
- ☐ cutting board

Directions

- ☐ Pre-heat the oven to 350 degrees.
- ☐ Place the almonds on a baking sheet; toast until fragrant, shaking the pan once or twice, about 10 minutes.
- ☐ Transfer to a cutting board and roughly chop.Raise the heat in the oven to 400 degrees.
- ☐ Cut the squash in half lengthwise and remove the seeds and strings.
- ☐ Place cut side down on a parchment paper lined baking sheet. Once the oven has pre-heated place the squash on the center rack and roast until soft and fragrant about 30-40 minutes, depending on the size of the squash.
- ☐ Remove from oven and let cool almost completely before proceeding.Scoop the flesh from the squash placing it in a bowl and set aside. Discard skins.Using a large soup pot, heat 2 tablespoons butter over medium heat, add the onion, celery and carrot and cook, stirring occasionally, about 10 minutes.
- ☐ Add the reserved squash, turnips, parsnips, 2 teaspoons of the salt, and some pepper; cook stirring until the vegetables are well coated.

- ☐ Add about 3 ½ cups of the vegetable broth to the pot along with the thyme; bring this to a boil, the lower the heat to a simmer. Cook stirring occasionally, until the vegetables have softened, about 30 minutes.Fill a small sauce pan with water, add ½ teaspoon of salt and the rice. Bring to a boil over high heat; reduce heat. Simmer until the rice is tender, about 45 minutes.
- ☐ Drain and set aside.
- ☐ Remove the soup from the heat and let it cool some. Using an immersion blender process the soup until smooth and creamy adjust texture with the remaining stock as necessary. Return the soup to a medium heat and allow it to re-heat.Melt the remainy 1 tablespoon butter in a saute pan .
- ☐ Add the apple and cook with out disturbing until slightly browned and soft, about 3 minutes.
- ☐ Add the scallion slices, remaining ½ teaspoon salt, and a pinch of cayenne. Cook an additional minute gently stirring the mixture together.
- ☐ Add the cooked rice to the pot and mix it in well and is heated through.Ladle the soup into individual soup bowls, and garnish with the apples, scallions and almonds.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:6.5, Inflammation Score:-7, Nutrition Score:5.5934782527063%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 152.2kcal (7.61%), Fat: 9.18g (14.12%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 13.26g (4.82%), Sugar: 2.74g (3.04%), Cholesterol: 15.05mg (5.02%), Sodium: 1791.96mg (77.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Manganese: 0.38mg (18.76%), Vitamin E: 1.99mg (13.25%), Magnesium: 44.33mg (11.08%), Vitamin A: 534.92IU (10.7%), Phosphorus: 97.36mg (9.74%), Fiber: 2.05g (8.19%), Copper: 0.15mg (7.55%), Vitamin B2: 0.12mg (7.07%), Zinc: 1.05mg (7.01%), Vitamin B3: 1.17mg (5.86%), Folate: 19.48µg (4.87%), Vitamin B6: 0.09mg (4.27%), Potassium: 138.18mg (3.95%), Iron: 0.63mg (3.49%), Calcium: 29.17mg (2.92%), Vitamin B1: 0.04mg (2.54%), Vitamin C: 1.9mg (2.31%), Vitamin B5: 0.21mg (2.07%), Selenium: 0.82µg (1.17%)