

Sweet Potato, Squash, and Apple Soup

From How it all Vegan by Tanya Barnard and Sara Kramer

Good, hearty, dairy-free winter soup!

- 1 medium onion, chopped
 - 1 tbsp. olive oil
 - 2 cups vegetable stock
 - 2 cups butternut squash, peeled and diced
 - 2 cups sweet potatoes (or yams), peeled and diced
 - 2-3 medium apples, cored and diced
 - ½ tsp. salt
 - ½ tsp. pepper
 - ½ tsp. nutmeg
 - ¼ tsp. cayenne pepper
1. In a large soup pot, sauté the onions in oil on medium-high heat until translucent.
 2. Add the stock, squash, potatoes, apples, and salt pepper, nutmeg, and cayenne and bring to a boil.
 3. Turn down heat and simmer for 30 minutes.
 4. Take 2 ladles' worth of vegetables and 1 ladle of stock and blend in blender or food processor until smooth.
 5. Return to soup pot and stir together.
 6. Serve.