

Freezer Meal :: Butternut Squash & Apple Soup

Freezer Meal Assembly

Combine in a gallon freezer bag:

1 butternut squash, peeled and cubed
1 apple, peeled and cut into 1" pieces
1/2 diced onion
1 tsp salt
1 garlic clove, minced
2 C chicken broth

Repeat for second dinner.



Cooking Directions

Dump the contents of the bag into the Instant Pot. Sauté for a few minutes, just until the chicken broth is mostly thawed and liquid in the bottom of the pot. Cook on high pressure for 12 minutes. Quick release the pressure. Blend the soup (I love my Vitamix for blending soups). Return the soup to the Instant Pot, turn the IP on to Saute, add 1/4 cup heavy cream and 1 Tbsp maple syrup. Stir and serve when warm.

Optional: top with a dollop of fresh whipped cream or plain yogurt.

Extra items needed for meal

1/4 C heavy cream
1 Tbsp maple syrup
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