

Butternut Cashew Soup



Makes about 7 bowls

Ingredients

1/4 cup olive oil
4 tbsp unsalted butter
1 chopped onion
1 butternut squash peeled and chopped
1 cup diced carrots
1 diced apple
2 tsp curry powder
2 cups water
2/3 cup milk
1 cup chopped cashews
Freshly ground black pepper



Directions

Cook the onions in olive oil and butter until onions are soft.

Add the butternut squash, apple, carrot, curry powder and pepper and cook for a few minutes. Then add the water and milk. Bring to a boil, simmer for 30 minutes, then add the cashews.

Blend with a hand mixer until soup is desired smoothness.

Serve in your favorite bowls!

Recipe adapted from Fran Warde's recipe in [easy vegetarian](#). I added some additional ingredients and upped the curry powder!

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