

Squash and Apple Soup

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

INGREDIENTS

	Quantity (g)	Usage Level
Olive Oil	12	1.16
Ginger, minced	30	3
Red Onion, chopped	50	5.22
Squash, cooked and mashed	450	44.76
Apple, peeled and chopped	120	12.3
Vegetable Broth	300	30.03
Salt	2	0.2
U.S. Permeate	33	3.31
Ground White Pepper	0.02	0.02
Total	100	100

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.



BENEFIT OF USING U.S. PERMEATE

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

NUTRITIONAL 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

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.