



Creamy Winter Squash and Apple Slow-Cooker Soup

Why We Slow Down in Fall

My old slow cooker is my best friend in autumn. It hums quietly on the counter all day. It makes the whole house smell like a cozy hug.

This soup cooks while you live your life. You can go for a walk in the crunchy leaves. When you come back, dinner is ready. That matters. It gives you a warm, quiet moment in a busy world.

A Funny Little Kitchen Secret

Do you know the trick with the onion? Microwaving it with butter first. I thought it was strange when I first read it. But it works so well!

It softens the onion without any fuss. No crying eyes, no watching a pan. You just stir it and pop it in the slow cooker. I still laugh at that. My fanciest tool for this soup is my microwave! What's your favorite kitchen shortcut? I'd love to know.

The Magic of Two Friends

Squash and apple are best friends. They grow at the same time of year. The squash is sweet and sturdy. The apple is sweet and bright.

Together in the pot, they become something new. The apple makes the squash taste lighter. Doesn't that smell amazing? It's the smell of a fall orchard. *Fun fact: Butternut squash is actually a fruit! It has seeds inside, just like an apple.*

Making It Silky Smooth

After hours of cooking, you blend it. Be very careful, it's hot. I use a towel on the blender lid. I hold it down tight.

In just a minute, magic happens. The chunky vegetables vanish. They turn into a smooth, creamy soup. No cream needed! The squash does all the work. Do you prefer your soups smooth or with bits and pieces?

The Final Touch

Do not forget the chives! They look like little green confetti. I grow them in a pot by my window.

That little sprinkle of green is important. It gives you a fresh bite with each spoonful. It makes the soup look pretty, too. Food should be a joy for your eyes and your tummy. That matters. What herb do you love to

sprinkle on top of your food?

See also Savory Mushroom and Herb Holiday Stuffing

Ingredients:

| Ingredient | Amount | Notes |
|----------------------------|------------------|--|
| Onion, chopped fine | 1/2 onion | |
| Unsalted butter | 2 tablespoons | |
| Salt and pepper | To taste | |
| Butternut squash | 1 pound (3 cups) | Peeled, seeded, and cut into 1-inch pieces |
| Golden Delicious apple | 1 apple | Peeled, cored, and chopped |
| Chicken or vegetable broth | 2 cups | |
| Fresh chives | For garnish | Minced |



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Instructions

Step 1: Grab a big bowl. Put your chopped onion, butter, and a pinch of salt in it. Microwave it for about 5 minutes. Stir it once or twice while it cooks. The onion will get soft and smell wonderful. (A hard-learned tip: This step saves so much time and tears!)

Step 2: Now, put that onion mix into your slow cooker. Add the squash and apple pieces. Pour in the broth. Give it a gentle stir. Put the lid on and let it work its magic. It will cook all day and fill your house with a cozy smell.

Step 3: When the squash is super tender, it's blending time. Be very careful, the soup is hot! Blend it until it's perfectly smooth. This takes a minute or two. I still laugh at the time I forgot to put the lid on the blender. What kitchen tool should you always check before blending a hot soup? Share below!

Step 4: Taste your beautiful soup. Add a little more salt and pepper until it's just right for you. Ladle it into bowls. Top each one with a sprinkle of fresh, green chives. Doesn't that look lovely? It's ready to warm you up from the inside.

Creative Twists

Add a pinch of curry powder with the broth. It gives a warm, gentle spice that is so nice. **Swap the apple for a ripe pear.** It makes the soup taste a little more sweet and floral. **Stir in a spoonful of creamy peanut butter** after blending. It sounds funny, but it's so good and rich. Which one would you try first? Comment below!

See also Creamy Holiday Potato Bake

Serving & Pairing Ideas

This soup loves a friend. Try it with a grilled cheese sandwich for dipping. A simple green salad on the side is perfect, too. For a drink, a cold, fizzy apple cider is wonderful. For the grown-ups, a glass of slightly sweet white wine pairs beautifully. Which would you choose tonight?



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Keeping Your Cozy Soup Cozy

Let's talk about keeping your lovely soup for later. It stores beautifully. Let the soup cool completely first. Then pop it in the fridge for up to four days.

You can also freeze it for a future busy night. I use old yogurt containers. They hold just the right amount for two people. I once forgot to label a container. My husband thought it was orange juice! We had a good laugh.

Reheating is simple. Warm it gently on the stove. Add a splash of broth if it's too thick. This matters because a ready meal is a gift to your future self. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Soup Troubles

Even simple soups can have little hiccups. Here are three common ones. First, the soup tastes bland. The fix is easy. Just add a little more salt. Salt wakes up all the other flavors.

Second, the soup is too thin. Let it simmer uncovered for ten minutes. The extra water will cook off. I remember when my first soup was like broth. A good simmer saved it.

Third, the soup is too chunky after blending. Just blend it a bit longer. Getting the texture right matters. It makes the soup feel special and creamy. **Which of these problems have you run into before?**

Your Quick Questions, Answered

Q: Is this soup gluten-free?

A: Yes, if you use a gluten-free broth. Always check the label.

See also Silken Snowdrift Cauliflower Puree

Q: Can I make it ahead?

A: Absolutely. Make it up to two days before. The flavors get even friendlier.

Q: What if I don't have a Golden Delicious apple?

A: Use any sweet apple you have. Honeycrisp or Fuji work wonderfully.

Q: Can I double the recipe?

A: You sure can. Your slow cooker should be no more than two-thirds full.

Q: Any optional tips?

A: A tiny drizzle of maple syrup at the end is lovely. *Fun fact: Butternut squash is actually a fruit!* **Which tip will you try first?**

From My Kitchen to Yours

I hope this soup warms your kitchen. I love knowing you're out there cooking. It connects us across miles.

Please tell me all about your adventure. Did your family like it? Did you add your own little twist? I read every note with my morning tea. **Have you tried this recipe?**

Happy cooking!

—Elowen Thorn.



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Author: Elowen Thorn

Cooking Method:[Slow Cooker](#)



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Cuisine: [American](#)

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Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **6 minutes**

Rest time:

Total time: **6 minutes**

Servings: **4 servings**

Calories: **120 kcal**

Best Season: **Summer**

Description

A comforting and easy slow-cooker soup blending sweet butternut

squash and apple into a creamy, smooth puree.

Ingredients

- ½ onion, chopped fine
- 2 tablespoons unsalted butter
- Salt and pepper
- 1 pound butternut squash, peeled, seeded, and cut into 1-inch pieces (3 cups)
- 1 Golden Delicious apple, peeled, cored, and chopped
- 2 cups chicken or vegetable broth
- minced fresh chives

Instructions

1. Microwave onion, butter, and ¼ teaspoon salt in bowl, stirring occasionally, until onion is softened, about 5 minutes; transfer to slow cooker.
2. Stir in squash, apple, and broth. Cover and cook until squash is tender, 6 to 7 hours on low or 4 to 5 hours on high.
3. Process soup in blender until smooth, 1 to 2 minutes. Season with salt and pepper to taste. Sprinkle individual portions with chives before serving.

Notes

For a richer soup, substitute ½ cup of the broth with heavy cream or coconut milk after blending. A pinch of nutmeg or cinnamon can also enhance the warm, autumnal flavors.

Keywords: Butternut Squash, Apple, Soup, Slow Cooker, Creamy, Fall