

This Copycat Panera Squash Soup tastes just like the original, but we made it a bit healthier! This is the perfect fall recipe! It has a velvety smooth consistency, and is filled with some of the best fall produce. Now you can make this classic fall soup anytime.

**Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins | 8 Servings**

## Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced (about 3/4 cup)
- 2 pounds chopped butternut squash (about 6 heaping cups)
- 3 small carrots, chopped (about 1 cup)
- 3-4 cups vegetable broth
- 2 cups apple cider or apple juice (do NOT use apple cider vinegar)
- 1/2 teaspoon curry powder
- 1/4 teaspoon cinnamon
- dash of nutmeg
- 1/2 cup pumpkin puree
- 2 tablespoons butter
- 2 ounces low-fat (neufchatel) cream cheese
- 1 tablespoon brown sugar, more to taste
- salt to taste
- heavy cream, optional

## Instructions

1. In a large pot, heat oil over medium-high heat. Add onions and sauté until translucent, stirring frequently.
2. Add squash, carrots, vegetable broth, apple cider, and spices.
3. Bring to a boil, reduce heat and simmer for 10-15 minutes, or until squash and carrots are soft. Remove from heat and add pumpkin puree, butter, cream cheese and brown sugar. Puree with a hand (stick) blender or in batches in a normal blender. Blend until very smooth.
4. Taste soup and add salt as desired. You may also add extra brown sugar or honey to achieve a taste closer that of Panera's. You can also add a little heavy cream if you want a more decadent soup. If desired, add more vegetable broth to thin soup.
5. Return to burner over medium-low heat, if needed to heat the soup back up, and then serve immediately.

## Notes

- If you want it to be just like Panera squash soup - add more brown sugar and/or honey to taste. Adding more cream will also give it a richer flavor.
- This soup calls for two cups of apple cider, NOT APPLE CIDER VINEGAR. If you can't find apple cider (sometimes it's hard to find if it's not fall), use a natural (100% juice) apple juice. If you use vinegar by accident, your soup will NOT turn out and will definitely NOT taste like Panera's.
- To reduce sodium, use low sodium or no salt added vegetable broth.

This and other great recipes can be [found here](#).