



RECIPE



DISH: Autumn Squash Soup

INGREDIENTS

- 1 tbsp. extra virgin olive oil
- 2 pounds chopped butternut squash (about 6 cups)
- 3 small carrots, chopped (1 cup)
- 3-4 cups vegetable broth
- 2 cups apple cider or juice
- 1/2 tsp. curry powder
- 1/4 tsp. cinnamon
- Dash of nutmeg
- 1/2 cup pumpkin puree
- 2 tbsp. butter
- 2 ounces cream cheese
- 1 tbsp. brown sugar (more to taste)
- salt to taste
- heavy cream, optional

DIRECTIONS

- In a large pot, heat oil. Add carrots, squash, vegetable broth, apple cider, and spices.
- Bring to a boil, reduce heat and simmer until squash and carrots are soft. Remove from heat and add pumpkin puree, butter, cream cheese and brown sugar. Puree with a hand blender. Blend until very smooth.
- Taste soup and add salt as desired. You may also add extra brown sugar or honey. You can also add a little heavy cream if you want a more decadent soup.
- Return to burner over medium-low heat and then serve immediately.