

Butternut Squash Soup

Yield: 6 Servings **Cooking Time:** 1 hour

INGREDIENTS

3 lbs butternut squash, peeled and seeded

1 tart green apple, peeled, cored, chopped (squash and apple ratio should be 3:1)

1 medium onion, chopped

2 tbs unsalted butter

6 cups chicken stock

Nutmeg (to taste)

Salt & freshly ground black pepper

WHERE TO FIND IT

Iovine Brothers, OK Produce, Fair Food Farmstand

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Condiment, Iovine Brothers, Hatville Deli

Condiment, Jonathan Best

Head Nut, Jonathan Best

Head Best, Jonathan Best

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DIRECTIONS

1. Cut squash into 1-inch chunks.
2. In large pot melt butter. Add onion and cook until translucent, about 8 minutes.
3. Add squash, apple, & 5 cups of stock. Bring to a simmer and cook until squash & apple are tender, about 15 to 20 minutes.
4. Remove squash, onion & apple chunks with slotted spoon and place in a blender and puree. Transfer puree to a clean pot & slowly add broth until soup is desired consistency. Stir & season with nutmeg, salt & pepper.