

Butternut Squash and Apple Soup



Each time I make this soup, I'm amazed at how flavorful it is for so few ingredients and so little work. Even better the next day!

Ingredients:

1 butternut squash (medium/large) - peeled, seeded and cubed
4 apples - peeled, seeded and chopped (I like Cortland)
1 large onion - peeled and chopped
3 cloves garlic - peeled
4 cups vegetable stock
1/4 teaspoon nutmeg
sea salt & black pepper to taste

Directions:

1. Place all prepared ingredients in a large soup pot.
2. Bring to a boil over medium-high heat.
3. Cover. Turn heat down to a simmer and cook for about 30 minutes.
4. Check the squash with a fork for tenderness - if not cooked through, continue simmering for another 10 minutes or so.
5. Turn off the heat.
6. At this point, if you have the time, remove the lid and let it cool for 20 minutes or so. Otherwise, just carefully move on to the next step.
7. In 2-3 cup batches, puree the soup in a blender (pouring it into another bowl after).
8. Once all the soup is pureed, return to the soup pot for a gentle reheat if needed, and serve.

Garnish:

Tamari roasted pumpkin seeds, or sunflower seeds.