



Chef Carol D's Fall Butternut Squash Soup

Ingredients:

- 3-4 pound Butternut squash
- 1 large leek
- 1 Gala or Granny Smith apple
- 2 teaspoons olive oil
- 4 cups low sodium chicken broth
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- ½ teaspoon pepper



Directions:

Cut top and bottom off squash, then cut through horizontally to make 2 large pieces. Using peeler, remove all skin on both pieces. Cut each part in half again; remove seeds, and dice into 2 inch pieces; spread on cookie sheet.

To clean leek, slice off top, then slice through leek all the way down, cutting into 2 long pieces; rinse both pieces under running water to remove dirt and sand or soak in a bowl of water; slice into ½ inch pieces and spread on cookie sheet with squash.

Slice apple, removing core and mix with squash and leek on cookie sheet. You may leave the skin on or remove. Leaving the skin on the apple will increase the amount of fiber in the soup. Drizzle olive oil over squash mixture & mix using hands. Place cookie sheet in 450°F oven for about 30 minutes until squash is tender; remove from oven.

While sheet pan is in the oven, simmer chicken broth on the stove.

Once sheet pan comes out of the oven, put about 1/3 of the squash mixture into a food processor or blender with about 1/3 of the chicken broth. Puree until soup is smooth, then pour into a large pot; continue this process 2 or 3 more times until all is blended; water may be added to blender if soup is too thick to blend. The soup should not be watery.

Warm soup back up in pot on medium and add nutmeg, salt & pepper; may increase seasonings to your taste.

Let soup simmer for 10 minutes, then enjoy!

Serves 4-6