

Autumn Squash Soup

(Serves 10)



Ingredients:

- 3 tbsp EVO oil
- 2 small (3 lbs total) Butternut Squash, peeled & seeded, and cut into 1" cubes
- 3 medium Carrots, peeled & chopped
- 3 large Shallots, chopped
- Kosher Salt
- Freshly ground black Pepper
- 3 cloves Garlic, minced
- 1½ tbsp packed brown Sugar
- 3 tsp ground Ginger
- 1½ tsp Curry Powder
- 6 cups low sodium Vegetable Broth
- 1½ cups Apple Juice
- 1½ cups Water
- ¾ cup Pumpkin Puree
- 3 tbsp Cream Cheese, softened
- Heavy Cream (optional)

Method:

In a large pot over medium heat, heat oil.
Add squash, carrots, and shallots, and season with salt and pepper.
Cook, stirring occasionally, until beginning to soften – about 5 minutes.
Stir in garlic, sugar, ginger and curry powder, and cook until vegetables are beginning to caramelize – about 2 minutes more.
Pour over the broth, apple juice and water.
Bring to a boil, then reduce to a simmer and cook until vegetables are soft – about 10 minutes.
Meanwhile, in a small bowl, whisk together pumpkin puree and cream cheese until incorporated.
Pour pumpkin mixture into pot and stir to combine.
Using an immersion blender, puree the soup until smooth.
Season with salt and pepper and stir in desired amount of heavy cream – if using.
Serve soup with pepitas topping (as follows).

Topping

Ingredients:

- 1½ tbsp EVO Oil
- ¾ cup Pepitas
- ¾ tsp Chili powder
- Kosher salt

Method:

Preheat the oven to 350°.

On a medium baking sheet, toss pepitas with oil and chili powder and season with salt.

Bake, shaking the pan halfway through, until pepitas are crunchy and golden – about 10 minutes.

Let cool completely.

Sprinkle atop each bowl of soup just prior to serving.