

CREAMY WINTER SQUASH & APPLE SOUP



prep time

2 hours



portion for

4 people

The Ingredients:

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| 1 CUP Quinoa, pre-washed | 1 medium Onion, diced |
| 1 medium Butternut Squash, halved and seeded | 2 CUPS Chicken or Vegetable Broth, reduced-sodium |
| 1 Acorn Squash, halved and seeded | 2 TBSP Extra-Virgin Olive Oil |
| 1 medium Carrot, peeled and sliced | 4 CUPS Water |
| 2 large Granny Smith Apples, cored, peeled and chopped | 2 TSP Thyme, chopped |
| | Ground Black Pepper (to taste) |

Cooking Steps:

1. Prepare quinoa according to package directions and set aside.
2. Preheat oven to 400°F.
3. Arrange squash halves in a large baking dish. Bake squash in preheated oven for 50-60 minutes, or until tender.
4. Heat oil on medium in a large stockpot or sauce pan. Add onion and carrot and sweat, stirring occasionally, until onions are softening, 3-4 minutes.
5. Scoop squash pulp from shells. Transfer vegetables to the stockpot or saucepan. Add apples, cooked quinoa, broth and water. Simmer covered 20 minutes or until apples and carrots are tender. Add thyme and pepper.
6. Puree with an immersion blender or in batches in a food processor or blender. Garnish with thyme sprigs.