



SQUASH & APPLE SOUP

Yield: 2.5 - 3 Quarts



INGREDIENTS

- One 2-3 pound butternut squash, peeled and seeded
- 1 apple, peeled and cored
- 2 tablespoons olive oil
- 1 medium onion, chopped
- Water or vegetable stock
- 1-2 thyme sprigs
- Salt and freshly ground black pepper to taste

INSTRUCTIONS

- 01** Cut squash into 1-inch chunks.
- 02** In a large pot, warm oil over medium-high heat. Add onion and cook until translucent, about 8 minutes.
- 03** Add squash, apples, thyme, and just enough water or stock to cover. Bring to a simmer and cook until squash and apples are tender, about 15-20 minutes
- 04** Remove squash chunks with slotted spoon and place in a blender and puree. Season with salt and pepper. Serve hot.



MARKET SHOPPING LIST



APPLES

- Ellis Family Farms
- Mick Klug Farm
- Nichols Farm & Orchard



VEGETABLES

- Iron Creek Organic Farm
- Nichols Farm & Orchard



HERBS

- Smits Farm