



GREEN CITY MARKET

NOURISHING CHICAGO SINCE 1999

All of Us

RESEARCH PROGRAM

FALL SQUASH & APPLE SOUP

Yield: 2.5-3 quarts

INGREDIENTS

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

INSTRUCTIONS

01

Prep vegetables. Cut squash into 1-inch chunks. Peel and dice apples. Peel and chop onions.

02

In a large pot, heat 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 to 20 minutes.

04

Remove squash chunks with a slotted spoon and place in a blender and puree. Season with salt and pepper. Serve hot.

SHOPPING LIST

- Butternut Squash: Nichols Farm, Wholesome Harvest, Jacobson, Iron Creek, Froggy Meadow Farms
- Apples: Ellis Family Farms, Mick Klug Farm, Nichols Farm, Seedling
- Onions: Nichols Farm