

# LIVE WELL WATERTOWN



## Butternut Squash, Apple, & Carrot Soup

(Adapted from The Skinny Fork, Amanda Plott)

### Ingredients:

- 3 Lb. Butternut Squash
- 3 Tbsp. Butter, *divided*
- 3 Medium Carrots, *chopped*
- 2 Medium Apples, *chopped*
- 1 Medium Onion, *chopped*
- 3 Garlic Cloves, *minced*
- 6 Fresh Sage Leaves, *chopped*
- 1/2 Tsp. Dried Thyme
- 3 C. Reduced Sodium Chicken or Vegetable Broth
- 1/4 C. Milk
- Salt & Pepper to Taste
- *Optional Toppings: Spinach & Basil Pesto, Pepitas or Roasted Butternut Squash Seeds, Chopped Bacon.*

### Directions:

1. Preheat oven to 425°F.
2. Cut the butternut squash in half and scoop out the seeds and pulp.  
*Note: Save the seeds and bake with olive oil, salt, and any seasonings for a great soup topping or a tasty snack.*
3. Place the squash on a foil-lined baking sheet. Place 1/2 tbsp. butter over each half. Season squash with salt and pepper to taste and bake for about an hour or until the squash is tender and cooked through.
4. While the squash is baking, place remaining 2 tbsp. of butter into a large sauce pan and melt it over medium heat. Add in the carrot, apple, onion, garlic, sage leaves, and thyme.
5. Sauté until all is softened, about 10 minutes. Remove the pan from the heat and set aside.
6. When the squash is done, remove it from the oven and allow it to cool enough to be handled.
7. Scoop the squash from the shell and place it into the sauce pan along with the cooked apple/carrot/onion mixture. Discard the skin of the squash.
8. Add the broth to the sauce pan and season with salt and pepper. Bring to a boil.
9. Reduce heat to low and simmer, stirring occasionally, for about 10 minutes. Then cover and continue to simmer for another 5 minutes.
10. Remove the pan from the heat and add in the milk.
11. Use an immersion blender or regular blender to puree until smooth. If the soup is too thick, add broth as needed. Adjust seasonings to taste.  
*Note: If using a standard blender, you may need to do this in batches. Also, be sure to remove the small cap for the 'vent' at the top of the blender and cover with a towel to prevent hot soup explosions.*
12. Divide the soup evenly among bowls.
13. Garnish and serve right away!

### Spice Variations:

1. Substitute ½ tsp. Cinnamon, ¼ tsp. Nutmeg, & 2 tbsp. Maple Syrup.
2. Substitute ½ tsp. Chipotle Chili Powder, ½ tsp. Cumin, ½ tsp. Coriander, and ½ tsp. Paprika.
3. Substitute 1 tbsp. Curry Powder, 1 tbsp. minced Ginger, and ¼ cup Coconut Milk