

Our State eats

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Roasted Butternut Squash & Apple Soup

Yield: 6 servings.

- 1 medium butternut squash, approximately 3 pounds
- 2 tablespoons olive oil
- 1 large sweet onion, chopped
- 2 apples (Gala, Pink Lady, or Honeycrisp), peeled, cored, and chopped
- 3 large garlic cloves, thinly sliced
- 1 tablespoon freshly grated ginger
- 3 cups chicken stock
- 2 cups water
- 2 teaspoons kosher salt
- ½ teaspoon ground cardamom
- ½ teaspoon ground nutmeg
- 2 tablespoons maple syrup
- Pumpkin seeds and/or diced apple, for garnish (optional)

Preheat oven to 425°. Split squash in half lengthwise, using a large, sturdy knife. Scoop out the seeds and discard or reserve for roasting, if desired. Place squash, cut side down, on a greased or parchment-lined baking sheet. Roast for 30 to 45 minutes or until edges begin to caramelize or turn golden brown. Remove from oven and allow to cool.

In a large, heavy-bottomed stockpot or Dutch oven, warm olive oil over medium heat. Add onion and apple, and cook for 6 to 7 minutes, stirring until onions are translucent and tender. Add garlic and ginger, and reduce heat to low. Cook for 4 to 5 more minutes. Turn off heat.

When squash has cooled enough to handle, scoop out flesh and place in a bowl. Add the apple-onion mixture to the squash and toss.



In a blender, pulse cooled squash mixture in batches with the stock and water until smooth. For thicker soup, add less water. Add the blended soup back into the stockpot and warm over low heat. Add salt, cardamom, nutmeg, and maple syrup, and simmer for 10 minutes. Salt to taste.

Serve in soup bowls and garnish with roasted butternut squash seeds, pumpkin seeds, and/or diced apples.

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