

Fall Favorite Recipe

Butternut Squash Soup

Ingredients:

- ¼ C olive oil
- 2 TBS butter
- 1 large sweet onion
- ½ fennel bulb with fern
- 1 large butternut squash
- 2-3 carrots
- ¾ C white wine (optional)
- Fresh sage
- 4 cans of chicken broth



Instructions:

Add olive oil and butter to a large stock pot and melt over low-medium heat. Add chopped onion and cook until translucent. Chop fennel bulb and add to onion (reserve fennel fern to add later). Cook together for a few minutes stirring occasionally.

Peel carrots and slice. Peel squash and dice into 1" cubes.

Add 2 tsp Kosher salt and ¼-½ tsp white pepper to pot. Increase heat to medium and add wine, cooking until alcohol burns off, 4-5 minutes.

Add carrots and squash along with chicken broth. Cover and bring to a slow boil. Mince 4-5 sage leaves and reserved fennel fern. Add to pot. Turn heat to simmer and cook until vegetables pierce easily with a fork, about 30-40 min.

Remove from heat and puree vegetables in a blender. Add back to pot and season with spices to taste. Recommended spices: cinnamon (1 tsp, nutmeg 1 tsp, ½ tsp cayenne). May also season with curry, cumin, ginger if preferred.

Enjoy! Only ~100 calories per cup!