

Butternut Squash Soup – Judy Mahood

Ingredients: Yield: 6 Servings

4 tbsp butter, divided in 2

1 med. onion, chopped

2 lbs butternut squash

4 cups chicken stock

1 cinnamon stick

2 bartlett pears, peeled, cored and sliced

1 golden delicious apple, peeled, cored and sliced

¼ cup dry white wine

Pinch of salt and freshly ground pepper

Dollop of sour cream or yogurt for garnish



Method:

- Cook whole squash in microwave for 20 -30 min. Cool. Scoop out the pulp.
- Melt 2 tbsp butter in a soup pot and add the onions. Sauté the onions about 8 min. Add the stock, cinnamon stick and cooked squash. Cover and cook gently for about 25 min.
- Meanwhile, in a heavy frying pan melt the remaining butter. Add the apple and pears and sauté about 5 min stirring frequently. Add the wine. Cover and simmer 10 to 15 min. or until fork tender.
- Add everything together in the soup pot and blend with an immersion blender. Return to stove and season with salt and pepper.
- Garnish with yogurt or sour cream when served.