**Butternut Squash Soup with Gorgonzola, Apples & Almonds**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Type</th>
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<tbody>
<tr>
<td>2 tablespoons</td>
<td>Extra-virgin olive oil</td>
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<tr>
<td>1 large</td>
<td>Carrot, diced</td>
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<td>1 medium</td>
<td>Sweet onion, diced</td>
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<tr>
<td>4 cups</td>
<td>Butternut squash, cubed (about 1medium squash)</td>
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<td>2 teaspoons</td>
<td>Fresh thyme, chopped</td>
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<td>4 cups</td>
<td>Low-sodium chicken broth (or adjust volume based on the consistency you want)</td>
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<td>Salt &amp; ground pepper to taste</td>
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**Garnish**
- Gorgonzola cheese
- Apple slices
- Almond slivers
- 1/2 cup applesauce

- Heat olive oil in a large pot. Add carrot, celery and onion.
- Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes.
- Add butternut squash and thyme. Stir to combine with vegetables.
- Stir in chicken broth and season with salt and pepper.
- Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes.
- Use an immersion blender to puree soup.*
- Stir applesauce into soup.
- Serve in bowls, top with sprinkle of gorgonzola and almonds, apple slices, and sprig of thyme.
- Alternatively, let the soup cool slightly and carefully puree in batches in a traditional blender.

*Serves 6*
Nutrition per serving (1.5 cups), not including garnishes: 140 Calories; 20g Carbohydrates; 6g Fat, 6g Protein; 180 mg Sodium

Variations:
Thai Flavors
- Stir 1 tablespoon red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture
- Cook until vegetables are tender and ginger is aromatic
- Add squash, cook until tender
- Add broth and 1/2-cup light or regular coconut milk
- Season with salt and pepper
- Puree soup and garnish each serving with 1 or 2 pappadums (or pita or naan), 1 tablespoon toasted coconut flakes and 1 tablespoon chopped fresh cilantro

Southwestern Spin
- Add 1 tablespoon chopped chipotles in adobo to carrot, celery and onion mixture
- Cook until vegetables are tender
- Add squash, cook until tender, add broth
- Season with salt and pepper
- Puree soup and garnish each serving with 2 tablespoons crumbled queso fresco, a tablespoon cumin-toasted pumpkin seeds and a tablespoon chopped fresh cilantro

NOTE: Canned chipotles in adobo sauce are available on the Mexican food aisle