

BUTTERNUT SQUASH SOUP WITH GORGANZOLA, APPLES & ALMONDS

2 tablespoons	Extra –virgin olive oil
1 large	Carrot, diced
1 medium	Sweet onion, diced
4 cups	Butternut squash, cubed (about 1medium squash)
2 teaspoons	Fresh thyme, chopped
4 cups	Low-sodium chicken broth (or adjust volume based on the consistency you want)
	Salt & ground pepper to taste

Garnish

Gorgonzola cheese
Apple slices
Almond slivers
½ 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.



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