

## Winter Squash and Apple Soup



I usually make this soup around Thanksgiving as a first course. Because everyone loves it, I have started tripling the recipe and freezing it. As most of my soup recipes, the amounts are forgiving and not precise. A single batch makes approximately 8-10 servings as a first course. I have an option included for making it with some nondairy milk or cream. I would not add that until you are warming it to serve. It is delicious either way and reminiscent of fall with cinnamon and cloves.

### Ingredients:

1-2 winter squash (I use butternut usually) approx. 3 ½-4 4 lbs – Cut length wise, scoop out seeds and set aside  
2 Apples peeled and chopped  
2 carrots peeled and chopped  
2 celery stalks chopped  
1-2 small or 1 large onion chopped  
2 Tablespoon olive oil plus more for roasting squash  
Bay Leaf  
½ teaspoon dried sage or 1 teaspoon chopped fresh  
½ teaspoon cinnamon  
¼ teaspoon ground cloves  
¼ teaspoon smoky paprika (optional)  
Fresh ground pepper and salt to taste  
4-6 cups vegetable broth  
2 Cups Vegan Milk or Cream (optional)

Heat oven to 400 degrees.

- Place the halved squash cut side up on a oiled rimmed baking pan, brush with olive oil and sprinkle lightly with salt and pepper. Roast in oven till soft for about an hour. When done set aside till cool enough to handle.
- In a large stock pot heat tablespoons of olive oil, add onion and cook for a minute or two till softening then add carrot, celery, and apple for about another 5 minutes till all softened.
- Scrape the cooled squash into the stock pot, cover with the broth (you will likely add more later to get to the desired thickness), bring to a boil, mix well, reduce to simmer. Let simmer for 30-45 minutes, stirring occasionally, until all the vegetables are very soft.
- Meanwhile, reduce the oven to 325 degrees, rinse the squash seeds and pull off any pulp. Spread out on one of the oiled rimmed baking pans used for squash, sprinkle with salt and roast until just browned, around 10 minutes.
- Once the soup is done simmering, puree with an immersion blender and adjust seasoning, I like to sometimes add a sprinkle of cayenne or a little more paprika as a contrast to the sweet apples and squash.

- Here is where the optional nondairy (or dairy) milk or cream can be added. Likely you will be adding broth along the way, if you want the cream or milk option, leave the soup a bit thicker and then add 1-2 cups of nondairy milk with a neutral taste-I would use Ripple milk or cream or perhaps oat milk half and half. I do not usually add cream, but this is a personal preference and also very delicious, a nice alternative perhaps on Thanksgiving.

Make this ahead of time, freezes well (without the milk). When ready to serve, heat through, ladle into bowls and serve with the toasted seeds on top.

Enjoy!