



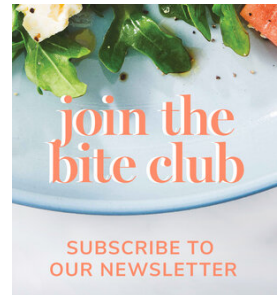
butternut squash soup with crunchy maple croutons

Warm up from your nose-to-your-toes with this easy, hearty and healthy Butternut Squash Soup with Maple Croutons. Packed with roasted butternut squash, apples, thyme, garlic and a hint of maple, this satisfying soup makes for the perfect winter lunch.

SERVES 8-10



julie albert & lisa gnat



ingredients

Butternut Squash Soup

- 3 lbs butternut squash, peeled and cut into 1-inch cubes (about 1-2 butternut squash)
- 2 large Granny Smith apples, peeled and cut into 1-inch cubes
- 1 tbsp olive oil
- 1 tsp chopped fresh thyme
- 1/2 tsp kosher salt
- 1 tbsp olive oil
- 1 medium yellow onion, chopped
- 2 carrots, peeled and chopped
- 1 large garlic clove, minced
- 1 tbsp maple syrup
- 1 tsp grated fresh ginger
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 4 cups chicken broth

Maple Croutons

- 2 cups French bread, cut into 1/2-inch cubes
- 1 tbsp olive oil
- 1 tsp maple syrup
- 1/2 tsp kosher salt

- Sour cream, for garnish
- Fresh thyme leaves, for garnish

directions

1. Preheat oven to 425°F. Line baking sheet with aluminum foil and coat with non-stick cooking spray. Toss butternut squash, apples, 1 tbsp olive oil, chopped thyme and 1/2 tsp salt. Place on prepared baking sheet and roast for 20-25 minutes, stirring midway through until tender. Remove from oven and set aside.
2. In a large soup pot, heat olive oil over medium heat. Add onions and carrots, cooking until softened about 5-6 minutes. Add minced garlic, maple syrup, ginger, salt and pepper. Continue cooking 1 minute more. Stir in squash mixture, add chicken broth and bring to a boil. Reduce heat to low and simmer covered for 20 minutes. Remove from heat and puree the soup using a hand-held blender.
3. For the croutons, preheat oven to 350°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. In a medium bowl, toss the bread cubes with olive oil, maple syrup and salt. Spread bread cubes on prepared baking sheet and bake for 6 minutes, stir and continue to bake 4 minutes more, until bread cubes are crispy. Garnish each serving of soup with sour cream, fresh thyme and a couple of croutons

“Why do croutons come in airtight packages? It’s just stale bread to begin with.”

— GEORGE CARLIN

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