

Squash & Apple soup

... **TAKE A PIC!**

1 Tbsp veg. oil	15 mL
2 cups chopped onion (about 2 medium)	500 mL
1 clove garlic, minced	1
1 tsp dried thyme	5 mL
4 cups chopped, peeled butternut squash	1 L
3 cups chopped, peeled Ontario apples (such as Empire, McIntosh, Gala)	750 mL
4 cups chicken or vegetable stock	1 L
1/2 cup milk or cream for decorative swirl	125 mL
if desired	
pinch nutmeg**	pinch
salt, pepper to taste	

In large saucepan over medium heat, heat oil. Add onions and cook about 7 minutes or until softened, (I like mine a little longer - until caramelized), stirring occasionally. Stir in garlic and thyme, cook 1 minute. Stir in squash, apples and stock. Bring to a boil, reduce heat and simmer for about 15 minutes or until squash is tender. Purée in small batches in food processor (I have an immersion wand which has made this soup so much faster). Return to saucepan and add milk; reheat. Season with nutmeg, salt and pepper. I notice that ***freshly grated nutmeg* makes a big difference.

Makes 12 servings. It does freeze but also tends to separate when reheating and needs some vigorous stirring.

Tips:

1. Hack open a butternut squash (that looks like a giant yellow flashlight) lengthwise. Scrape out seeds*. Set the two halves into some water in a long microwave dish and steam in microwave for ~ 10 minutes on medium power, enabling easier peeling.
2. In too big a hurry to chop / peel apples? - Open a jar of unsweetened applesauce ... good to go.

Amounts aren't carved in stone - it's **soup!**

*You might like to clean the seeds and coat with melted butter. Lay on parchment papered cookie sheet, sprinkle with seasoned salt if desired
Bake 375° - 10 to 12 minutes - as desired. *But don't let them burn.

*Offer your own prayer of gratitude for this bounty.