

Allison's Recipe of the Season: Butternut Squash Soup

Ingredients:

- 1 ½ T Butter
- 1 ½ T Olive Oil
- 2 Cups Chopped Onions
- 2 T Chopped Fresh Italian Parsley
- 2 tsp. Chopped fresh Sage
- 4 Cups of ½ inch , peeled and seeded cubes of butter nut squash
- 1 ½ tsp. of Table Salt or Mediterranean Sea Salt
- 2 Minced Garlic Cloves
- 5 cups of Chicken Stock or Vegetable Stock (or Chicken/Vegetable broth)

Directions:

1. Melt butter with oil in a large pot over medium-high heat. Add the onions, parsley and sage and sauté until the onions are softened. Add the squash and salt and sauté again until the squash softens and the onions are golden....about 5minutes. Add the garlic and stir for about 2 minutes. Add the stock or the broth and bring the mixture to a boil. Reduce the heat, cover the pot and simmer the mixture until the squash is very soft for about 20-25 minutes. Cool.
2. Puree the soup in a blender, or use a hand blender and try to allow some of the texture to remain in the soup. Return the soup to the pot. If you find it too thick, just thin it out by adding a little more of the stock...season it with pepper and salt if necessary.
3. To garnish this soup, just take some fine breadcrumbs or make them by toasting two slices of whole wheat bread in the toaster....cool them down before putting them in a food processor to make the breadcrumbs. Take 6 teaspoons of butter and warm it up in a non-stick frying pan until it turns golden...then add the breadcrumbs and 2 or 3 teaspoons of finely chopped fresh sage. Cook for about 8-10 minutes or until the crumbs are crisp....let them cool and then sprinkle a small amount of the mixture on top of the soup just before serving.
4. Enjoy.....!!!