
Autumn Squash

Makes 6 servings

Ingredients

- 2 1/2C Pumpkin Puree or 1 Pie Pumpkin
- 1/2 Butternut Squash
- 2 Medium Honeycrisp Apples
- 1 Small Yellow Onion Diced
- 3 Stalks of Diced Celery
- 3 Cloves of Garlic
- 2 C Chicken Stock
- 1 13.5oz Unsweetened Can Coconut Milk
- 2 Tbsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/4 tsp Pepper
- 1/4 tsp Cinnamon
- 1/4 tsp Nutmeg



Directions

1. Cut off the stem of the pumpkin and cut pumpkin in half. Scoop out the seeds and reserve for later to be roasted. Cut butternut squash in half and scoop out the seeds and discard. Cut apples in half and remove core and seeds.
2. Preheat oven to 350. Drizzle lightly the flesh side of the pumpkin, squash, and apple with olive. Place cut side down on a baking sheet and roast for 45-60 minutes.
3. Remove until cool enough to scoop the flesh from the pumpkin, squash, and apples and set aside.
4. Add diced celery, diced onion, garlic, and one Tbsp olive oil to a dutch oven and brown until translucent.
5. Add all remaining ingredients, bring to a simmer, and puree with a stick blender.
6. Garnish with roasted pumpkin seeds.

Notes

You can substitute canned pumpkin puree if you don't have a pie pumpkin. And if you don't like your squash soup with a hint of sweetness don't add the roasted apples.