



Butternut Squash Soup

Makes about six 1-cup servings

Ingredients:

- 3 cups fresh butternut squash, peeled, seeded and cubed (about half of one medium-sized butternut squash)
- 2 small onions, peeled and quartered
- 2 Granny Smith apples, peeled, cored and cubed
- 2 Tbsp olive oil
- 1½ tsp sea salt, plus more to taste
- 1 tsp black pepper (optional)
- 1 tsp fresh thyme, chopped
- 6 cups low-sodium vegetable stock
- 1-2 cloves fresh garlic, peeled and roughly chopped

Procedure:

- 1) Preheat the oven to 400°F. Prepare all vegetables as indicated above.
- 2) In a large bowl, coat squash, onions and apples with oil. Season with salt and pepper.
- 3) Place vegetables on a baking sheet, and roast in the oven until tender, about 15-20 minutes.
- 4) Remove from the oven and place in a large stockpot.
- 5) Add fresh thyme and vegetable stock, and bring to a boil. Reduce heat to medium flame, and simmer for 25-30 minutes.
- 6) Using a blender, puree the soup until just combined. Be mindful not to overmix!
- 7) Taste for seasoning, and serve immediately.

Chef Notes:

To prepare squash: use a vegetable peeler to remove the skin. Trim the ends of the squash, cut in half lengthwise, and remove the seeds with a spoon. Cut into medium dice (½-inch cubes).

Soup will hold fresh for 3-5 days in the refrigerator, and for up to three months frozen.

Wellness in the Schools teaches kids healthy habits to learn and live better.

