

# Butternut Squash Soup

## Ingredients

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1 Onion (chopped)	1 Celery Stalk (chopped)
1 Carrot	2 T Unsalted Butter
1 Butternut Squash (seeded,	peeled, chopped)
1 Granny Smith Apple (peeled,	cored, chopped)
3 c Chicken Broth	1 c Water
0 pn Nutmeg	0 pn Cinnamon
0 pn Cayenne	2 t Salt
0 ds Ground Black Pepper	5 Thyme Sprigs (stripped and
chopped)	

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## Instructions

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- 1.Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and saut   for 5 minutes. Lower the heat if the vegetables begin to brown.
- 2.Add the butternut squash, apple, thyme, broth, and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
- 3.Use an immersion blender to pur  e the soup. Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with chopped parsley or chives and a dollop of sour cream, if desired.