Butternut Squash Soup

Ingredients

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

Butternut Squash Soup

Instructions

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 sautÃ© 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 purÃ©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.