

# Butternut Squash Soup

## Ingredients

- 1 large chopped onion
- 4 tablespoons butter or Extra Virgin Olive Oil
- One large, cubed apple
- Two Carrots, peeled and cubed
- 2 containers cubed butternut squash-found in the produce dept at the market
- 5 cups chicken stock-take note of the salt content. Use as low as possible
- 1 teaspoon dried thyme
- ½ teaspoon ginger
- ¼ teaspoon ground black pepper
- Kosher salt to taste
- 1 cup light sour cream
- Skim Milk- as needed for consistency

In a heavy soup pot, melt the butter, add the onions, apples, carrots, butternut squash, and spices...sauté over low heat. This should take about 10 minutes. Add the chicken stock and bring up to a simmer.

Simmer over medium heat until the squash is very soft and tender. Once the vegetables and fruit are very soft and cooked, puree with a hand blender until smooth and silky. You can mash with the potato masher as well.

Stir in the sour cream and skim milk as needed for the right consistency. Adjust flavor with salt and pepper, to taste