

Winter Squash Soup with Apple and Roasted Pumpkin Seeds

Recipe By : Whole Foods
 Serving Size : 4

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	extra virgin olive oil
1	cup	coarsely chopped onion
1	cup	coarsely chopped celery
1	cup	coarsely chopped carrot
1	small	acorn squash
1	small	butternut squash
1	small	pumpkin pie pumpkin or 1 can packed pumpkin
2	cups	vegetable stock or water
1	cup	apple cider or apple juice
1/2	tablespoon	honey
1/4	cup	unsweetened applesauce
		heavy cream
		coarse salt -- to taste
		pepper -- to taste
	Optional	cayenne pepper -- to taste
	Garnish	roasted pumpkin seeds

1. Place a large soup pot or Dutch oven over medium heat.
2. Add the oil and onion, celery, carrots, and squashes; sauté for 12-18 minutes or until the vegetables have softened.
3. Stir in honey.
4. Add stock, apple cider, and applesauce.
5. Bring the soup to a boil, reduce the heat and simmer for 5-10 minutes to blend flavors.
6. Place a small amount of the soup in a blender or food processor, and carefully puree on low speed, leaving the center part of the cover off so that the steam can escape.
7. Add a little heavy cream to thicken.
8. Continue pureeing the soup in small batches until the mixture is smooth. Return the soup to the pot and keep warm until ready to serve.
9. Taste for seasoning and add salt and freshly ground pepper to taste.
10. Garnish with roasted pumpkin seeds.
