

Autumn-in-the-Air Soup

This soup can be made in the oven, in a slow cooker, or on the stove—whatever is most convenient for you.



Equipment:

- Bowl
- Measuring spoon
- Measuring cup
- Baking sheet(s)
- Blender, immersion blender, or food processor
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Ingredients:

- 1 butternut squash--peeled, seeded, cut into 2" chunks
- 1 large head garlic--excess paper removed, top $\frac{1}{3}$ cut off
- 1-2 sweet/tart apples--peeled, cored, cut into 2" chunks
- 1 onion--peeled, root end removed, cut into quarters, then halves again for large chunks
- 4-6 cups liquid (chicken or vegetable stock) -- or just water, combination of stock and cider, can of coconut milk (lowfat or full fat) plus enough water to make 4-6 cups total
- 2 teaspoons vegetable oil such as avocado or olive oil , plus a tiny bit for the garlic

- You can salt or pepper as you like. I usually don't as folks can add their own



Preparation:

1. Preheat oven to 350 °
2. Line a large baking tray with parchment paper, a silpat mat or tin foil.
3. Put the squash, apples, onion in a large bowl.
4. Toss the veggies in the bowl with oil so they are evenly coated.
5. Arrange the veggies onto a baking sheet and arrange so the pieces do not overlap. If you need to distribute between two smaller baking sheets, that's fine.
6. Rub a bit of oil over the top of the garlic and place it on the baking sheet.
7. Roast the veggies for 35-45 minutes until the squash, onions, garlic and apples are soft and easily pierced by a fork.
8. Remove from the oven and let cool for 10 minutes. The garlic will take longer to cool.
9. When the garlic is cool enough, squish out the roasted garlic and add the soft, fragrant cloves to the blender.
10. Put about 2 cups of veggies in a blender or food processor. Add your preferred liquid. Depending on the size of your squash, and how thick you want your soup, you'll need between 4 and 6 cups in total.

11. Blend the veggies adding more stock to make a soup consistency. You can always add more liquid at the end. The soup will thicken once it sits in the refrigerator.
12. Repeat until all of the veggies have been blended.
13. Serve immediately or store, freeze and reheat. Add more liquid if soup is too thick once heated.

Slow cooker/stovetop variation. Put all the ingredients in the slow cooker or in a large pot on the stove.. Use 1 whole head of garlic with cloves removed from the head. Don't cut or slice the garlic once removed. SLOW COOKER: Cook for 4-5 hours starting with enough liquid to cover by 3". STOVETOP: Cook for 1 hour. Let cool, then blend.

Notes: This soup freezes well. I like to garnish the soup with pomegranate seeds -- small garnet jewels floating in a golden sea of butternut goodness. Autumn on your spoon...