



Butternut Squash Soup

Ingredients

- 1 large butternut squash
- 1 large white onion, chopped
- 1 green apple, peeled and chopped
- 5 cloves of garlic
- 1 teaspoon sage
- 6 sprigs of thyme
- 1/4 teaspoon cayenne pepper
- salt and pepper to taste
- 2 tablespoon olive oil
- 4 cups vegetable stock

Directions

1. Heat large sauce pan and add olive oil. Peel, pit and chop the butternut squash into 1 inch squares and add to pan. Sautee until fork-tender.
2. Chop the onion and apple in big chunks and add to the pan. Peel the garlic and add cloves whole or halved.
3. Add the herbs (stems removed), red pepper, salt and pepper, and vegetable stock. Simmer until all ingredients are tender.
4. Transfer to blender or use immersion blender until desired consistency is reached. Serve with fresh thyme.