



HARVEST SOUP

SERVES 8-10

This recipe may be a bit more work than others, but it's easy and well worth the effort. Try making this soup a couple days before serving—the flavors will blend and deepen.

- 1 large butternut squash, peeled + seeded + cut into 1-inch cubes
- 3 large carrots, peeled + cut into 1-inch pieces
- 4 tablespoons olive oil
- 1 large yellow onion, thinly sliced
- 1 large apple, peeled, cored + thinly sliced; any variety will do
- 2 garlic cloves, minced
- 6 cups vegetable stock; using bouillon cubes will help cut costs
- 1 bay leaf
- 2 fresh thyme sprigs + more to garnish
- sea salt and fresh ground pepper
- 1 cup coconut milk (optional)

Preheat oven to 450°F.

In a large roasting pan, stir together squash, carrots, 2 tablespoons olive oil, salt and pepper. Roast 45 min, stirring occasionally, until the vegetables are browned and tender. Set aside.

While the veggies roast, heat 2 tablespoons olive oil in a large pot. Saute onion and apple over medium-high heat about 20 min, stirring occasionally, until tender and caramelized. Add the garlic and cook 1 minute, stirring until fragrant. Add

the stock, thyme sprigs and bay leaf. Bring to a boil, reduce heat to medium-low and simmer, stirring occasionally, for 10 min. Discard thyme sprigs and bay leaf.

Using an immersion blender—or working in batches with a stand blender—puree vegetables into the stock mixture until smooth. Simmer over medium heat for 10 min. Season with salt and pepper to taste. If using coconut milk, stir in and heat just before serving.

Ladle into bowls, garnish with thyme sprigs, and serve.

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