

feeds: 2-4
takes: 50 minutes

butternut squash **AND APPLE SOUP**

Ingredients

1 medium - large butternut squash, sliced in 1/2 and seeds removed

2 apples, peeled, cut in fourths

3-4 garlic cloves

1 tablespoon grated ginger

1 teaspoon curry powder

pinch of crushed red pepper flakes

4-6 cups chicken broth

Blue Cheese Cream:

1/4 cup whole milk or heavy whipping cream

1/2 cup crumbled blue cheese

1/4 cup toasted pumpkin seeds

Directions

> Preheat oven to 400 F.

> Bake squash, flesh side down in a baking pan for 30 minutes, or until soft.

> Let cool, then scoop insides into a pot.

> Add broth, and remaining ingredients. Simmer for about 10 minutes, or until the apples are soft.

> Puree with a blender, or mash by hand .

> Heat a small pot of water and set a metal bowl or smaller pot on top to create a double boiler.

> Place the blue cheese and cream in the top, and stir to melt together.

> Serve soup topped with cream and pumpkin seeds.

