



Apple-Butternut Squash Soup

Serves 6

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.*

Ingredients:

1 Tbs. Extra virgin olive oil or 1 Tbs. of unsalted butter
1 medium onion, minced
Few sprigs of fresh thyme or 1 Tbs. of dried thyme
1 medium butternut squash, peeled, seeded and diced into 1 inch cubes
2 large red apples, peeled, cored and thinly sliced
3 cups (more as needed) of chicken or vegetable stock or broth or cold water
Few grates of fresh nutmeg or ½ tsp. Ground nutmeg or ¼ tsp of ground cinnamon
1 bay leaf, optional
salt & pepper, as needed
2 tbs. of unsalted butter, optional

Directions:

1. In a stock pot over medium heat, drizzle in 1 tablespoon of olive oil. Add onions and thyme and cook until translucent. Approximately 5-7 minutes over medium low heat.
2. Add butternut squash and apples. Then pour enough broth or water to cover the squash/apple mixture by at least 2 inches. Bring to boil, then lower heat and simmer until butternut squash and apples are tender, approximately 20-30 minutes.
3. Take a cup of liquid out pot and reserve. Remove the bay leaf and allow the soup to cool slightly. In batches transfer soup to a blender or food processor. You can also puree using an immersion blender. The soup will thicken once pureed. If too thick add reserved cooking liquid as needed.
4. Return soup to medium low heat to warm. Adjust seasoning with salt, pepper and nutmeg. Add butter to add creaminess. Serve and enjoy!

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