



## today's main ingredient

A  LOCAL FOOD PODCAST



# Butternut Squash Coins

*This is a copycat of Panera's Harvest Squash Soup recipe, among the many you can find on the internet.*

### INGREDIENTS – Serves 4 to 6

1 Tablespoon extra-virgin olive oil  
1 small yellow onion, diced (about 3/4 cup)  
2 pounds chopped butternut squash (about 6 heaping cups)  
3 small carrots, chopped (about 1 cup)  
3 to 4 cups vegetable broth  
2 cups apple cider or apple juice (do NOT use apple cider vinegar)  
1/2 teaspoon curry powder  
1/4 teaspoon cinnamon  
Dash of nutmeg  
1/2 cup prepared pumpkin purée  
2 Tablespoons butter  
2 ounces cream cheese  
1 Tablespoon brown sugar, or more to taste  
Salt to taste  
Heavy cream (optional)

**STEP 1** – In a large pot, heat oil over medium-high heat. Add onions and sauté until translucent, stirring frequently.

**STEP 2** – Add squash, carrots, vegetable broth, apple cider and spices. Bring to a boil, reduce to simmer and simmer for 10-15 minutes or until squash and carrots are soft.

**STEP 3** – Remove from heat and add pumpkin purée, butter, cream cheese and brown sugar. Puree with a hand (immersion) blender or in batches in a normal blender. Blend until very smooth.

**STEP 4** – Taste soup and add salt as desired. You can also add a little heavy cream if you want a more decadent soup. If desired, add more vegetable broth to thin soup. Return to burner over medium-low heat as needed to heat the soup back up and then serve immediately.

*To recreate the taste of Panera's winter squash soup, add extra brown sugar or honey to taste.*