

today's main ingredient





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.

Episode 26 | Winter Squash

TodaysMainIngredient.org

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