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SIMPLE SQUASH SOUP

SERVES 6 TO 8 / PREP TIME: 15 MINUTES / COOK TIME: 35 MINUTES

This is the easiest butternut squash soup you'll ever make—still silky, slightly sweet, and full of flavor.

1 large squash (or 7 to 8 cups cubed)

1 red bell pepper, roughly chopped

1 medium yellow onion, roughly chopped

3 cloves of garlic, smashed and peeled

7 cups water

1 tablespoon salt

2 tablespoons sugar, plus more if necessary

½ cup heavy cream

Chopped fresh thyme or fresh thyme sprigs, for garnish (optional)

Croutons, for garnish (optional)

1. Combine all of the ingredients except for the heavy cream, thyme, and croutons in a large soup pot. Bring to a boil, then cover and simmer for 35 minutes.
2. Using a hand-held immersion blender, purée the soup until silky smooth. (Alternatively, cool the soup slightly, then purée in a

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blender in batches, making sure to leave the hole in the lid open to allow the steam to escape.)

3. Return the soup to the pot. Stir in the heavy cream and bring the soup to a simmer. Taste and adjust the seasoning (depending on the sweetness of the vegetables, you may need up to a tablespoon more sugar).
4. Ladle the soup into bowls and garnish with the thyme and croutons, if desired.

Freezer-Friendly Instructions: *The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. Once heated through, add the cream and bring to a simmer before serving.*

Recipe and photo by Jennifer Segal on Onceuponachef.com.
