

Butternut Squash Soup

- Prep Time: 20 minutes
- Cooking Time: 30 minutes
- Servings: 8

Ingredients:

3 tablespoons butter
3 tablespoons olive oil
2 large onions chopped
1 (2 pounds) butternut squash, peeled, halved, seeded and cut into 1-inch chunks
1 medium green apple, cored and cut into 1-inch chunks
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
6 sage leaves
1 cup heavy cream
1/2 cup parmesan cheese
8 cups chicken stock

Directions:

1. Melt butter and olive oil in saucepan on medium-low heat. Add onion; apples cook and sweat for 5 minutes or until slightly softened. Add squash ginger, nutmeg and sage leaves. Cook on medium heat 1 minute, stirring occasionally.
2. Stir in stock (cover completely). Bring to boil. Reduce heat to low; cover and simmer 25 to 30 minutes or until squash is tender, stirring occasionally. Cool slightly.
3. Puree soup and add in cream and parmesan cheese in batches in blender on high speed until smooth. Return puree

Pumpkin Muffins

1 cup honey
4 eggs
3 cups whole wheat flour
1/2 cup oil
1 1/2 cups cooked pumpkin
1 1/2 teaspoons baking powder
1 teaspoon baking soda
3/4 teaspoon cinnamon
1 teaspoon salt
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1 1/2 cup raisins
1 cup walnuts, coarsely chopped

Place honey, oil, eggs, and pumpkin in bowl and mix. Sift flour, baking powder, baking soda, salt and spices. Add to first mixture and mix. Add raisins and walnuts. Pour in greased muffin pans and bake at 400 degrees for approximately 15 minutes. Allow to cool five minutes and then remove from pan. Makes two dozen.

