

Thomas Buckborough & Associates - Recipe

Butternut Squash and Sausage Soup

Soup comforts the soul and this creamy, healthy soup does nothing short of that. This makes a large pot and I love sharing it with others.

Ingredients

1 large butternut squash (4 to 4-1/2 pounds)
1 medium onion, chopped
1 medium tart apple, peeled and coarsely chopped
2 teaspoons olive oil
6 garlic cloves, minced
2 teaspoons fresh thyme
4 teaspoons minced fresh sage
½ teaspoon red pepper flakes
1/2 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
6 cups reduced-sodium chicken broth
4 fully cooked Italian chicken sausage links (Hot or sweet to your taste), chopped
4 large carrots, chopped
½ cup heavy cream
1 teaspoon cider vinegar

Directions

Cut squash in half lengthwise; discard seeds. Place squash, cut side down, in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake, uncovered, at 400° for 45-60 minutes or until tender.

Cool slightly. Scoop out pulp; set aside.

In a Dutch oven, cook onion and apple in oil until tender. Add garlic; cook 1 minute longer. Stir in the seasonings; cook until fragrant, about 10 seconds. Add broth and squash; bring to a boil.

Reduce heat; simmer, uncovered, for 15-20 minutes to allow flavors to blend. Cool slightly. In a blender or with hand blender, cover and process soup in batches until smooth.

Return pureed mixture to pan; stir in sausage and carrots. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until carrots are tender.

Just before serving, stir in 1/2 cup heavy cream and cider vinegar and heat.