

Winter Squash Soup

RECIPE

Harvest: Winter Squash, Sage, Rosemary,
Thyme
12 Servings

Supplies

- Induction cooktop and large pot (10 quart min)
- Immersion blender or blender
- Cutting board & Knives
- Kitchen towels
- Mixing bowls
- Bowls, forks and napkins for serving
- Measuring cups

Ingredients

- Any variety of winter squash (butternut, red kuri, pumpkin, etc)
- ¼ cup extra-virgin olive oil
- 2 large yellow onion, or 4 large leeks, chopped
- ½ teaspoon sea salt
- 2 (approx 3-pound ea.) winter squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 3 sprigs chopped fresh sage leaves
- 1 tablespoon minced fresh rosemary
- 8 cups vegetable broth
- Parsley (garnish)
- Toasted Pepitas or Squash seeds (garnish, optional)
- Salt and pepper, to taste

Directions

- Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
- Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
- Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

Notes

- Adult should slice the winter squash carefully- they can be hard to cut!
- Serve with bread and top with toasted pepitas for a more filling meal.
- Toasting pepitas or other winter squash seeds in garlic, olive oil and salt is also a delicious topping and snack!

Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.