

Farm Market Recipe



Sheet-Pan Roasted Butternut Squash Soup

Ingredients:

- 1 butternut squash (about 2½ pounds),
peeled, seeded and cubed (1-inch; about 6 cups)
- 1 sweet onion, cut into 1-inch wedges (about 1¾ cups)
- 1 Honeycrisp apple, peeled, cored and coarsely chopped (about 1¼ cups)
- ¼ cup extra-virgin olive oil
- 2 tablespoons fresh thyme leaves, plus more for garnish
- ½ teaspoon, plus ⅛ teaspoon salt
- ¼ teaspoon ground pepper, plus more for garnish
- 3 cups lower-sodium vegetable broth or chicken broth
- 1 cup heavy cream

Directions:

1. Preheat oven to 425°F. Toss squash, onion, apple, ¼ cup oil, 2 tablespoons thyme, ½ teaspoon plus ⅛ teaspoon salt and ¼ teaspoon pepper together on a large rimmed baking sheet; spread in a single layer. Roast, stirring once, until the squash and onion are tender and golden brown, 35 to 40 minutes.
2. Transfer the squash mixture and any drippings from the pan to a blender; add 3 cups broth and 1 cup cream. Secure lid on blender; remove center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 1 minute. Garnish with additional thyme and pepper, if desired.

Nutrition Facts:

Servings: 4 Serving Size: 2 cups

Per Serving: calories 477; carbohydrates 41g; dietary fiber 6g; total sugars 16g; protein 5g; total fat 35g; saturated fat 16g; cholesterol 67mg; sodium 398mg; calcium 174mg; iron 2mg; magnesium 91mg; potassium 1010mg; zinc 1mg

Recipe from Eatingwell