

SQUASH SOUP

1 APPLE

4-6 CUPS CHICKEN STOCK

CREAM & PUMPKIN SEEDS

1 TSP CAYENNE PEPPER

1 BUTTERNUT SQUASH

1 ONION

1 LB PORK SAUSAGE

3 CARRITS

SALT

3 GARLIC CLOVES

PEPPER

OLIVE OIL

1/2 TSP CINNAMON

1/2 TSP TURMERIC

STEP 1

CUT VEGETABLES
AND ROAST IN THE
OVEN FOR 1 HOUR

STEP 3

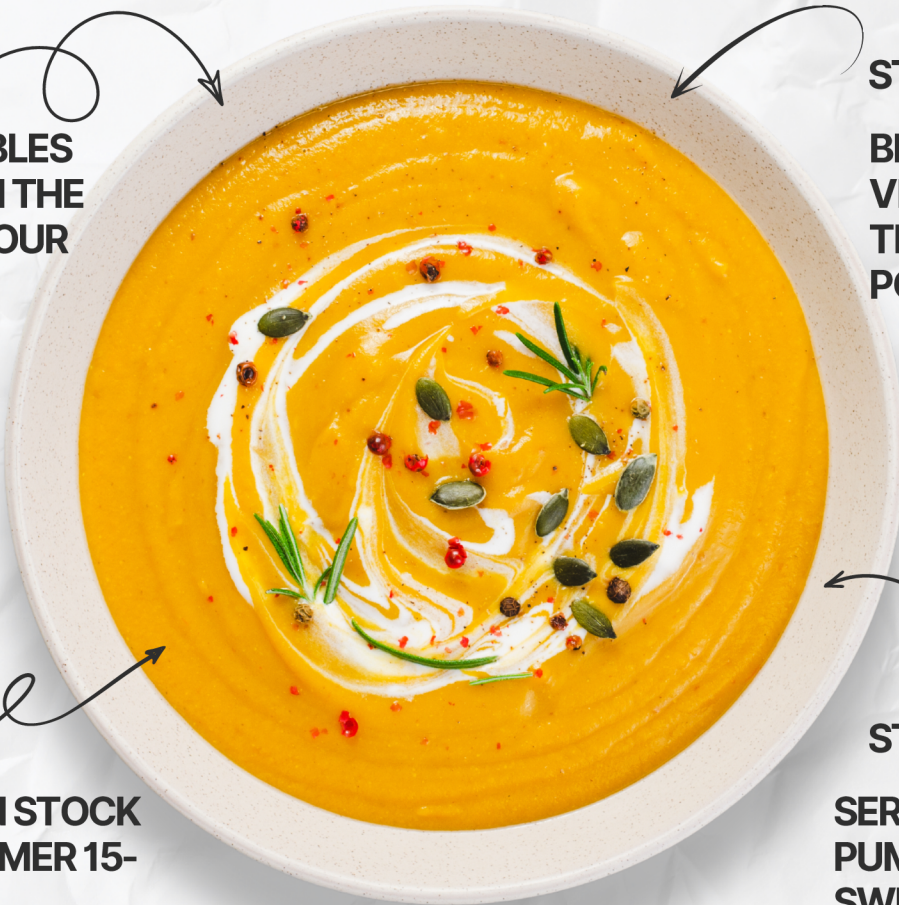
BLEND
VEGETABLES AND
TRANSFER TO A
POT

STEP 2

ADD CHICKEN STOCK
& SPICES; SIMMER 15-
20 MINS

STEP 4

SERVE WITH
PUMPKIN SEEDS & A
SWIRL OF CREAM
IF DESIRED



INSTRUCTIONS:

Preheat your oven to 350°F → Cut the butternut squash, onion, carrots, apple, and garlic into chunks. Place them in a baking dish. → Drizzle the vegetables with olive oil and season with salt, pepper, cinnamon, nutmeg, turmeric, and cayenne pepper. → Bake for 1 hour or until the veggies are soft and caramelized. → Transfer the roasted vegetables to a large pot. → Add 4-6 cups of chicken stock or vegetable stock, depending on your preference. → Blend the mixture with an emulsion blender until smooth. Adjust the consistency by adding more stock as needed. → Season with salt and pepper to taste. → Enjoy!