

Squash & Apple Soup

Ingredients

3 C butternut squash, peeled, de-seeded, chopped
2 C veggie broth, or stock of choice
1 C apples, chopped
1 C onion, chopped
 $\frac{1}{4}$ C heavy whipping cream or coconut cream
2 T butter or olive oil
1 t fleur de sel
 $\frac{1}{4}$ t sage
Pinch of nutmeg or mace
Heavy crack of black pepper
Seeds and quick pickles to garnish

Method

Wash and prep your vegetables. Heat a medium stock pot on medium and add your olive oil. Add your chopped onions and apples and cook for 5-7 minutes, until they're starting to soften and become very fragrant. Then add your squash and sage and mix well. Add your stock, salt, and pepper and cover to cook for 15 minutes. Using an immersion blender when the squash is soft, blend completely. Then add your heavy whipping cream and nutmeg and taste to adjust seasonings. Ladle into a bowl and garnish with roasted seeds or whatever else you'd like. Bon appetit!

A note from the chef: Be sure to source locally for the freshest, tastiest produce available. If you can't find butternut squash, don't be afraid to try other varieties of winter squash like candy roaster



ATLANTA BOTANICAL GARDEN

or even pumpkin. This recipe can be watered down to use as the base for risotto or made with a different flavor profile entirely by substituting curry paste for sage. Don't be afraid to explore in the kitchen and enjoy the process.

Recipe by Edible Garden Chef Taylor Mead



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