

BC Butternut Squash



FRESH TO YOU FUNDRAISER

Makes 4 servings

1 cup (250 ml) serving



Chef's Tip:

Try adding a little Dijon mustard, maple syrup, chives, or roasted red pepper puree to the soup just before serving it to add a little flair to your dinner.

BC Ag Fact:

Butternut squash grow on a vine on the ground like a pumpkin. They are planted in late May after the danger of frost has past. They can take 100-120 days to mature.



BC Butternut Squash Soup

blender or food processor required

Ingredients:

2 tbsp	Olive Oil	45 ml
2 cups	Onion, diced small	330 g
1 cup	Celery, diced small	125 g
3 cups	Butternut Squash, peeled and diced small	800 g
1 1/2 cups	Potato, diced small	200 g
4 cups	Chicken or Vegetable Stock, low sodium	1 L
3/4 cup (200 ml)	Milk	200 ml
	Salt and Pepper, to taste	

Preparation:

1. Add the oil to a heavy bottomed saucepot. Over low heat, cook the onion, celery and squash until tender but not brown. Season with a little salt and pepper.
2. Add the potatoes and stock, and then simmer over medium heat until all the vegetables are tender (about 25 minutes).
3. Using a blender or food processor, puree the soup until very smooth.
4. Stir in the milk.
5. Adjust seasonings, and add garnish (see Chef's tip) if desired and serve.