

Butternut Squash Soup

18- 1 cup Servings

Cut in half if you want to make less, but I suggest making the whole thing and then freezing the extra.

2 Medium- Large Butternut Squash

3 Large Onions

2 Apples

2 Cloves Garlic

2 Tsp Nutmeg

1/8 Cup Olive Oil + some to drizzle on butternut squash in the beginning.

1/8 Cup Apple Cider Vinegar

4 Cups Whole Milk

32 oz Chicken Broth

Salt and Pepper to Taste

1. Preheat an oven to 375°F. Rinse and cut your butternut squash in half, and scoop out seeds. Put on a pan, drizzle with olive oil, and bake for about 1 hour. It's done when the skin of the butternut squash is pierced easily with a fork.

2. When it is done roasting, let cool and then puree with a food processor or a blender. Set aside.

3. Mince the onions, apples, and garlic. Add the onion, olive oil, nutmeg, salt, pepper, and apple cider vinegar to a pan. Bring to a medium-high heat and cook for about 8 minutes or until the onions are almost cooked through. Add the minced apple and garlic. Cook for 1-2 minutes.

4. Add the pureed squash, chicken broth, and milk.

5. Bring the soup to a boil, and cook for about 10 minutes. Can be eaten hot or cold, top with some green onions and bacon bits if desired.

6. Enjoy!