

Baldanza Natural Market Café
Butternut Squash, Leek and Apple Soup

Makes 4 quarts (8 to 10 servings)

Ingredients

5 tablespoons olive oil
5 lbs. butternut squash (approximately 2), peeled and cut into 1" cubes
4 leeks, trimmed, washed well and cut thin
2 onions, sliced thin
2 tart apples, peeled, cored and chopped
3 quarts vegetable stock
2/3 cup fresh squeezed orange juice
1/2 cup chopped Italian parsley
3 teaspoons sea salt
3 teaspoons pepper
4 tablespoons fresh sage

Directions

Heat oil in a large stock pot over medium heat.
Add the butternut squash, leeks, onions and apple and sauté.
Partially cover pot and continue cooking for 7 minutes to “sweat” the vegetables.
Add vegetable stock to pot and bring to a boil.
Add the parsley, salt and pepper.
Add the orange juice and simmer over medium heat for 30 minutes.
Use an immersion blender to purée the soup in the pot, or transfer in smaller batches to a blender and purée.
When serving, garnish with chopped fresh sage.

