



RECIPES

Panera Autumn Squash Soup

INGREDIENTS:

- 1 large butternut squash, peeled, seeded and chopped (or 20 oz package precut)
- 1 Tbsp canola oil
- Salt and pepper to taste
- 1 15oz can pumpkin
- 1 cup vegetable broth
- 1 cup apple cider
- 1 cup half and half
- 1 ½ Tbsp honey
- ½ tsp curry
- ½ tsp cinnamon
- 1 ½ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

1. Heat oven to 450. Toss chopped butternut squash with canola oil and salt and pepper
2. Roast for 25 minutes. Let cool 5 minutes
3. Puree in high speed blender or food processor until smooth
4. In a large blender or food processor, blend pureed squash and pumpkin, pouring in vegetable broth, apple cider, and half and half through the top while blending
5. Pour into sauce pan and heat over medium to a gently boil. Add honey and spices.
6. Simmer on low for 10 minutes and serve with roasted pumpkin seeds

Makes 6 servings

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Adapted from: <http://homemadecravings.com/panera-autumn-squash-soup/>