



HONEY NUT SQUASH SOUP

SERVINGS: 8

PREP TIME: 25 MINUTES

COOK TIME: 1 HOUR

INGREDIENTS

1/2 TBS + 1 1/4 tsp	Extra Virgin Olive Oil	3/4 tsp	Honey
1/4 Cup	Yellow Onion	1 Pinch	Ground Nutmeg
2 Cloves	Fresh Garlic	1 Pinch	Salt
1 TBS	Fresh Sage, chopped	1 Pinch	Chili Powder
4 Cups	Honey nut Squash		
3 Cups	Vegetable Stock		
2 TBS	Sour Cream		

DIRECTIONS

1. Dice onions, mince garlic, chop fresh sage, peel and cut squash.
2. In large pot, heat oil over medium-high heat. Reduce heat to medium; add onion and stir to coat. Cook, stirring occasionally, until softened, about 8 minutes. Add garlic and sage during the last 2 minutes of cooking time.
3. Add squash and broth. Increase heat to high and bring to a boil. Reduce heat to medium and simmer, stirring occasionally, until the squash is very tender, 30 to 35 minutes.
4. Using a blender or immersion blender, puree soup (may need to do in small batches), adding sour cream slowly until soup is creamy.
5. Stir in honey, chili powder, nutmeg, and salt. Serve with a drizzle of more sour cream.