

Butternut Squash Soup

Silky smooth, slightly sweet, and super-easy to make, this soup is a fall favorite. We don't usually recommend using vegetables that are pre-cut, but for butternut squash we make an exception: winter squash can be hard to peel and cut, and ready-to-use squash is available in many grocery stores. You can also, if you like, use carrots or sweet potatoes for all or part of the squash.



"With fall here, we can enjoy many sweet, rich dishes made with the wide variety of squash we grow here in Massachusetts. Winter Squash provides a delicious dose of fiber, potassium and other essential nutrients."

Deval Patrick
Governor of Massachusetts

ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 1 HOUR 30 MINUTES | MAKES: 8 CUPS



WASH your hands with soap and water and dry them.

CLEAN the counter top.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Large heavy-bottomed pot

Measuring cup

Measuring spoons

Sharp knife
(adult needed)

Cutting board

Heatproof spatula

Slotted spoon

Blender (adult needed)

Pot holder

INGREDIENTS

1 tablespoon olive oil

1 onion, peeled and chopped

2 garlic cloves, peeled and minced ("Minced" means finely chopped.)

1 celery stalk, chopped

2 teaspoons curry powder

1 teaspoon dried basil

1 large butternut squash, peeled, seeded, and cubed, or 1 (20-ounce) package pre-cut squash

8 cups chicken or vegetable broth

Freshly squeezed lemon juice

INSTRUCTIONS

1. Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
2. Add the onion, garlic, celery, curry powder, and basil. Cook, stirring occasionally, until the vegetables are tender, 10 to 12 minutes.
3. Add the squash and broth and raise the heat to high; bring to a boil. Turn the heat down to low and cook until the squash is very tender, 45 minutes. Set aside to cool for 15 minutes.
5. Using the slotted spoon, very carefully remove the squash and put it in the blender. Do not fill more than halfway.
6. Put the top on the blender but remove the little cap in the center (**this will allow the steam to escape, which is very important**). Cover the hole loosely with a clean dish towel. Turn the blender to the lowest speed and increase the speed as the soup purees. Gradually add the cooking liquid. Blend until completely smooth.
7. Return the soup to the pot, stir in a tablespoon or so of lemon juice, and taste it. Does it need more lemon? A pinch of salt? If so, add it and taste again.
8. Serve right away, or cover and refrigerate up to 3 days.

Safety Tip

Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

DID
YOU
KNOW?



WINTER SQUASH

**DON'T ACTUALLY GROW
DURING THE WINTER!**

They're called that because their thick skins mean they keep well during the winter months. Summer squash, such as zucchini and pattypan, are harvested when they're still immature and tender.

Butternut squash is a member of the **gourd** family, which includes cucumber, melon, and pumpkin.

Like most other orange fruits and vegetables, squash has loads of **beta-carotene**, which your body converts to vitamin A. (Your eyes will thank you.)



SPOOKY!

Thanks to its size, a pumpkin is the obvious choice for your **jack-o'-lantern**. But you could carve a little one out of any of the winter squashes: acorn, sweet dumpling, or even the hollow bottom of a butternut!



Susan and Frank Ventura, Dragonfly Farms

Dragonfly Farms

in Pepperell, MA has been selling their organically grown produce since 2003, when all they had was a cart in front of the house! You can now enjoy their beautiful vegetables (including many types of winter squash), herbs, and eggs by shopping at a local farmer's market, or by joining their CSA (community supported agriculture) program.



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