

Butternut Squash and Pear Soup

Prep Time: 20 Minutes

Cook Time: 1 Hour

Ingredients

¼ Cup	Butter
4 Cups	Butternut Squash (Peeled, seeded, 1-inch dice)
1 ½ Cups	Onion (½ inch dice)
1 Cup	Celery (½ inch dice)
1 Cup	Carrot (½ inch dice)
3	Garlic Cloves (peeled and smashed)
½ Teaspoon	Coriander Seeds
2	Cinnamon Sticks
1 Teaspoon	Ground Nutmeg
1 Teaspoon	Ground Ginger
2 Cups	Pears (peeled, seeded, ½ inch diced)
1 Quart + 1-2 Cups	Chicken Stock
2	Bay Leaves
1 Cup	Heavy Cream
¼ Cup	Brown Sugar
	Salt
	Pepper

Method

1. Melt butter in a large pot on medium/high heat. Add butternut squash, season with sprinkles of salt and pepper, sauté for 5 minutes.
2. Add onions-cook for 7 minutes.
3. Add celery and carrots-cook for 5 Minutes.
4. Add garlic, coriander seeds, cinnamon stick, ground nutmeg, ground ginger, bay leaves, and pears-cook for 4 minutes.
5. Add 1 quart of chicken stock and brown sugar. Scrape up any brown bits stuck to the bottom of the pot. Turn down the temp to medium/low. Simmer for 30 minutes, or until squash is tender.
6. Remove bay Leaves and cinnamon sticks.
7. Using a slotted spoon, remove squash, pears, and other vegetables from large pot and add to a blender. Set aside the large pot containing chicken stock. Purée squash until smooth.
8. Add purée back to the large pot containing chicken stock. Whisk to combine.
9. Add heavy cream. Whisk to combine.
10. Adjust soup thickness as needed with remaining chicken stock.
11. Adjust seasoning as needed with salt and pepper.