



Greenmarket Recipe Series

Spicy Maple Butternut Squash Soup

Ingredients:

- *1 Large Butternut Squash
- *1 Small White Onion
- *1 Large Jalapeno Pepper
- *2 Carrots
- *1 Apple (any crisp variety)
- *4 Tbsp Cilantro
- *1 Cup Whole Milk
- 1/4 Cup Maple Syrup
- *2 Tbsp Butter

- 2 Cups Chicken or Vegetable Stock
- 2 Tbsp Extra Virgin Olive Oil
- 1/8 Tspn Ground Cayenne Pepper
- 1/2 Tspn Ground Cinnamon

*available seasonally at your neighborhood Greenmarket

Instructions:

Halve the butternut squash reserving the seeds in a bowl of water. Brush the squash halves with olive oil and bake at 375° for 45 minutes or until the squash meat can be easily removed with a spoon. Finely chop the carrots, onions and jalapeno being careful to first remove the jalapeno seeds. Sauté the carrots and onions with olive oil in a skillet until the carrots are soft. Add the chopped jalapenos to the skillet during the last few minutes of cooking. If you don't have a hand blender and want the smoothest soup you may wish to cook vegetable mix until the carrots are soft enough to mash with a fork. When squash is finished baking it should be soft enough to scoop out the meat using a spoon and minimal effort. Scoop the squash meat into a large soup pot and discard the skin. Add the vegetable mix, milk, maple syrup, 1 cup of the stock, cinnamon and cayenne pepper. For the smoothest soup blend the squash mixture with a hand blender. Alternatively blend the mixture in batches in a blender before returning to the soup pot. If you don't mind visible carrots and onion pieces then a potato masher will produce a chunkier soup. Use all or some of the remaining 2 cups of stock to control the thickness of the soup according to your preference. Separate the butternut squash seeds from the clingy flesh via hand and strain out the water. In a small skillet melt a tablespoon of butter and combine with the butternut squash seeds. Toss the seeds with a heavy amount of cinnamon and a light dusting of cayenne pepper. Sauté the seeds long enough to produce an even brown color. Serve soup topped with diced apple and cilantro and a few toasted seeds.

For over 30 years, GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs visit www.GrowNYC.org. As a non-profit, donations from supporters like you are vital to our continued to success. To make a fully tax-deductible contribution please call 212.788.7900 or visit us online.