

Autumn Squash Soup

(Panera copy-cat recipe)

(Serves 10)



Ingredients:

3 tbsp EVO oil
2 small (3 lbs total) Butternut Squash, peeled & seeded, and cut into 1" cubes
3 medium Carrots, peeled & chopped
3 large Shallots, chopped
Kosher Salt
Freshly ground black Pepper
3 cloves Garlic, minced
1½ tbsp packed brown Sugar
3 tsp ground Ginger
1½ tsp Curry Powder
6 cups low sodium Vegetable Broth
1½ cups Apple Juice
1½ cups Water
¾ cup Pumpkin Puree
3 tbsp Cream Cheese, softened
Heavy Cream (optional)

Method:

In a large pot over medium heat, heat oil.
Add squash, carrots, and shallots, and season with salt and pepper.
Cook, stirring occasionally, until beginning to soften – about 5 minutes.
Stir in garlic, sugar, ginger and curry powder, and cook until vegetables are beginning to caramelize – about 2 minutes more.
Pour over the broth, apple juice and water.
Bring to a boil, then reduce to a simmer and cook until vegetables are soft – about 10 minutes.
Meanwhile, in a small bowl, whisk together pumpkin puree and cream cheese until incorporated.
Pour pumpkin mixture into pot and stir to combine.
Using an immersion blender, puree the soup until smooth.
Season with salt and pepper and stir in desired amount of heavy cream – if using.
Serve soup with pepitas topping (as follows).

Topping ingredients;

1½ tbsp EVO Oil
¾ cup Pepitas
¾ tsp Chili powder
Kosher salt

Method:

Preheat the oven to 350 degrees.

On a medium baking sheet, toss pepitas with oil and chili powder and season with salt.

Bake, shaking the pan halfway through, until pepitas are crunchy and golden – about 10 minutes.

Let cool completely.

Sprinkle atop each bowl of soup just prior to serving.