

Harvest Festival Soup

Ingredients

- 1.5 pounds diced butternut squash
- 2 Tbls olive oil, divided
- Sprinkle salt and pepper
- 1/4 tsp allspice
- 1/4 tsp coriander
- 1/4 tsp cardamom
- 4 carrots, diced
- 1 onion, diced
- 1 green apple, diced
- 1 quart vegetable stock
- 1 cup apple juice or cider
- 1/3 cup raw apple cider vinegar



This squash and apple soup was a hit at Island Hospital's Fall Harvest Festival in 2020. It is vegan, gluten-free, and features warming spices such as cardamom and allspice. Add the raw apple cider vinegar after cooking to retain its probiotic benefit. Pair with cast iron cornbread and green salad with toasted pumpkin seeds for a complete harvest meal.

Instructions

1. Season squash with spices, salt, pepper, and 1 tablespoon olive oil.
 2. Roast squash on sheet pan for 30 minutes or until tender.
 3. Heat remaining olive oil in stock pot. Sauté onions, carrots, and apples until soft.
 4. Add roasted squash, apple juice, and vegetable stock. Simmer until soft.
 5. Turn off heat, puree with immersion blender, and add apple cider vinegar.
- Enjoy!