

## Butternut Squash-Pear Soup

Delight in the complexity of our Butternut Squash–Pear Soup. The popular harvest gourd—roasted with garlic until tender—joins the succulent Bartlett variety in a velvety purée that includes onion, shallot, and chicken broth.

Preparation Time: 15 min.

Cooking Time: 70 min

Servings: 8

### Ingredients:

Amount	Ingredient	Cost – date:
1 (2.5-pound)	Butternut squash, peeled, seeded, and chopped into 2-inch pieces	
2 cloves	Garlic	
2 Tbsp + 2 Tbsp	Vegetable oil, <b>divided</b>	
1 tablespoon	Kosher salt	
½ tsp + ½ tsp	Ground black pepper, <b>divided</b>	
1 1/2 cups	Chopped onion	
1	Shallot, minced	
1 quart (945 ml)	Chicken broth (or could use vegetable broth)	
2 cups	Half-and-half * replace with dairy alternative milk instead or coconut milk	
1 tablespoon	Fresh chopped rosemary	
2 teaspoons	fresh minced ginger	
6 ripe	Bartlett pears, peeled, cored, and chopped	
	Cost for 1 serving:	
OPTIONAL	Garnish with shaved parmesan cheese &/or fresh rosemary	

### Preparation:

1. Preheat oven to 450°. Line a rimmed baking sheet with foil, and coat foil with cooking spray.
2. In a large bowl, combine squash and garlic. Toss with 2 tablespoons oil. Season with salt and 1/2 teaspoon pepper.
3. Transfer squash mixture to prepared pan. Bake until tender, 25 to 30 minutes. Remove from oven and let cool.
4. In a Dutch oven (pot with lid), heat remaining 2 tablespoons oil over medium-high heat. Add onion and shallot, and cook, stirring often, until tender, about 8 minutes. Add squash mixture, chicken broth, and remaining 1/2 teaspoon pepper. Bring mixture to a boil; reduce heat to medium, and simmer for 20 minutes.
5. \*\*\*Add half-and-half, rosemary, and ginger, stirring to combine. Continue to simmer for 10 minutes. Remove from heat and let cool slightly. Add pears to mixture.
6. Using an immersion blender, blend until smooth. OR In the container of a blender, puree mixture, working in batches, until smooth. Return mixture to pan, and simmer over medium heat for 10 min.
7. Garnish with Parmesan and rosemary, if desired.

\*\*\*To make dairy free, remove portion that is to remain dairy free - add in dairy alternative milk instead or coconut milk for creamier soup. Keep pot & spoons separate to avoid cross-contamination.

Recipe Source: <https://www.victoriomag.com/butternut-squash-pear-soup-recipe/>

**Thanks for coming to Forestbrook Community Church. We look forward to having you join us again to make another great recipe, enjoy some food and community!**

Connections Cafe recipe – November 18, 2021