

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Butternut Squash Soup*

### **INGREDIENTS**

- 2 tablespoons butter, or Extra Virgin Olive Oil, or water for an oil-free version
- 1 medium onion, chopped
- 1 medium carrot, peeled and chopped
- 2 stalks celery, chopped
- 1 apples (any kind) cored and chopped (no need to peel!)
- 3 cloves garlic, minced
- 3 1/2 pounds butternut squash, peeled, seeded, and cut into 3/4-inch pieces (about 7 to 8 cups)
- 6 cups low-sodium chicken stock, or for vegetarian option veggie broth
- 1/4 cup chopped fresh sage leaves or 3 TBSP dried
- Kosher salt and freshly ground black pepper



### **DIRECTIONS**

- ♥ Add the butter/oil/water to a medium-sized pot, over medium-high heat. Add the onion, carrot, celery, and apple and cook, stirring occasionally, until soft, about 5 minutes.
- ♥ Stir in the garlic and cook, about 30 seconds.
- ♥ Add the squash and the stock. Bring the mixture to a boil and add the sage.
- ♥ Continue to boil until the vegetables are tender, about 20 minutes. Turn off the heat.
- ♥ Using an immersion blender, blend the mixture until smooth and thick. Season with salt and pepper, to taste. If you do not have a hand blender, you can puree, in batches (few cups at a time) in a food processor.
- ♥ Serve topped with Cinnamon Garlic Croutons (recipe next page)

Compliments of Eat Your Heart Out Edibles

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## *Chef Angela's Cinnamon Garlic Croutons*

### **INGREDIENTS**

3 tablespoons melted butter

2-3 cups cubed baguette, Italian roll, bread – whatever you have on hand

2 tablespoons cinnamon sugar

1 tablespoon garlic powder

Salt and Pepper

### **DIRECTIONS**

- ♥ Preheat the oven to 400 degrees F
- ♥ Mix all ingredients (except bread) in a bowl then toss bread cubes in the mixture, stir to coat.
- ♥ Arrange the bread cubes in a single layer on a baking sheet.
- ♥ Bake for 10 minutes in the preheated oven, then stir and continue baking for 10 more minutes, until toasted. Serve on top of soup

