



## Autumn Harvest Soup

**Prep Time:** 10 minutes

**Cook Time:** About 25-30 minutes

**Servings:** 4

### **Ingredients:**

- 1 medium onion, chopped
- 2 cloves garlic, smashed
- 2 cups of butternut squash, cut in 1-inch cubes
- 2 cups carrots, coarsely chopped
- 2 cups sweet potato, cut in 1-inch cubes
- 1 apple, coarsely chopped (about 1 cup)
- 1 bay leaf
- 4 cups chicken stock, OR vegetable stock, OR water
- ½-1 tsp salt, plus more to taste

**Instructions:**

1. Melt butter over medium heat. Add chopped onions and smashed garlic. Sauté for 4-5 minutes until softened, stirring frequently.
2. Add the chopped carrots, squash, sweet potato, apple, and bay leaf.
3. Pour in the chicken stock (or water or vegetable stock). Add the salt and pepper.
4. Cover and increase the temperature to medium-high. Bring to a boil.
5. Reduce temperature to low to maintain a light simmer, and simmer for about 20 minutes or until vegetables are tender.
6. Remove from heat, remove the bay leaf and puree using an immersion blender. If using a blender to puree the soup, let the soup cool enough to handle safely.
7. Add more salt and pepper to taste.