German Butternut/Pumpkin Squash Soup:

Ingredients:

- Medium butternut squash (peeled and chopped)
- Small onion (chopped)
- 1 green apple (cored and chopped)
- 2-3 carrots (chopped)
- 1 medium potato (peeled and chopped)
- Olive oil
- Dried parsley
- Salt and pepper
- Chicken stock
- Cream (optional)
- Toasted pumpkin seeds
- Greek yogurt
- Fried Brussels sprout leaves

Directions:

Heat oven to 400 F.

Spray large bar pan with cooking spray. Spread out butternut squash, onion, apple, carrots and potato onto bar pan. Drizzle with olive oil and sprinkle with a good pinch of salt , pepper and dried parsley. Roast in oven until veggies are fork tender (approx. 35-45 min). Remove veggies from oven and allow to cool slightly.

Puree roasted veggies in blender and add chicken stock to desired consistency. At this point you can add cream if you'd like it a little creamer/richer or leave it out.

German Butternut/Pumpkin Squash Soup:

Ingredients:

- Medium butternut squash (peeled and chopped)
- Small onion (chopped)
- 1 green apple (cored, chopped, leaving skin on)
- 2-3 carrots (peeled and chopped)
- 1 medium potato (peeled and chopped)
- Olive oil
- Dried parsley
- Salt and pepper
- Chicken or vegetable stock
- Cream (optional)
- Toasted pumpkin seeds
- Plain Greek yogurt
- Fried Brussels sprout leaves

Directions:

Heat oven to 400 F.

Spray large bar pan with cooking spray. Spread out butternut squash, onion, apple, carrots and potato onto bar pan. Drizzle with olive oil and sprinkle with a good pinch of salt, pepper and dried parsley. Roast in oven until veggies are caramelized and fork tender (approx. 35-45 min). Remove veggies from oven and allow to cool slightly.

Puree roasted veggies in blender and add stock to desired consistency. At this point you can add cream if you'd like. Season to taste with additional salt and pepper, if needed.

Top put it over the top, top with toasted pumpkin seeds, Greek yogurt and fried Brussels sprout leaves.