

## **Roasted Butternut Soup**

- 1 large butternut squash (about 3 pounds)
- ½ large or a whole small onion
- 2 tablespoons olive or vegetable oil
- 1 tablespoon maple syrup
- 1 red apple (like Delicious or Gala)
- 1 cup water or chicken stock
- 1 cup apple cider
- 1 ½ teaspoons curry powder
- Pinch of nutmeg
- ½ teaspoon minced fresh ginger
- ¼ cup dry sherry (optional)
- ¼ cup coconut milk (optional)

Preheat the oven to 350 degrees.

Peel the squash down to the orange meat. Dice into one inch cubes and place onto a parchment lined cookie sheet. Peel and coarse dice the onion and apple and add to the squash. Sprinkle all with olive oil, maple syrup, salt and pepper to taste and toss to coat. Place in the oven for 30-40 minutes until the squash is fork tender.

Remove the pan from the oven. When cool enough to handle add the squash mixture to a food processor equipped with a blade and pulse until it's a smooth puree. Add the water or chicken stock and pulse until combined.

Pour the puree into a large pot set on medium heat. Stir in the spices and apple cider. Taste and adjust spices to suit your taste. If the soup is too thick for your liking you can add more water, chicken broth, or cider until it reaches the consistency you want.

Heat the soup until it just simmers. Stir in the sherry and/or coconut milk. Warm for another minute or two and then serve.