



Sweet Potato, Squash and Apple Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

1 medium kabocha squash, cubed

3 large sweet potatoes, cubed

3 carrots, chopped

3 apples, cubed

1 red onion, chopped

2 stalks celery, chopped

4 cups broth (chicken or veggie)

2 cinnamon sticks

3 cloves garlic, minced

2 tablespoons ginger, minced

3 tablespoons honey

Kosher salt

Olive oil

Instructions

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1. In a large bowl, toss squash, sweet potatoes, apples, half of the red onion and half of the chopped carrots with the ginger and garlic. Swirl in a bit of olive oil and a sprinkling of salt. Roast on two sheet pans in a preheated oven at 425 degrees for 35-45 minutes or until pieces have softened and browned. Set aside once done.
 2. As vegetables roast, mix celery, and remaining carrots and red onions in a deep pot. Swirl in a tad more olive oil and heat over a medium high flame, stirring to make sure vegetables brown but do not burn.
 3. Once veggies in the pot have begun to go translucent, approximately 5-10 minutes, pour in broth and add cinnamon stick. Bring to a boil, then reduce to a simmer and cover. Allow to cook until carrots and celery are soft but not mushy, approx. 10-15 minutes.
 4. Spoon roasted vegetables into simmering vegetables, pour in honey and stir just until everything is just incorporated. Pull out cinnamon stick. Ladle into a blender or food processor and blend until the soup reaches your preferred consistency. (Add more broth if you prefer a very smooth, puréed soup.) Salt to taste and serve with a healthy sprinkling of parsley.