

Butternut Squash, Pumpkin & Sweet Potato Soup with Star Anise

Serves 4

This soup calls for pie pumpkin (also known as sugar pumpkin). These pumpkins typically weigh around 1 ½ to 2 lbs and should not be confused with carving or ornamental pumpkins.

3 tablespoons unsalted butter
1 large yellow onion, chopped
2 garlic cloves, roughly chopped
1 ½ lbs prepared (peeled and seeded) butternut squash, cut into 3/4-inch cubes
½ lb prepared (peeled and seeded) pie pumpkin, cut into ¾-inch cubes
1 medium sweet potato, peeled and chopped
1 large carrot, peeled and sliced
1 whole star anise
1 bay leaf
½ cup vermouth or white wine
4 cups homemade or less-sodium chicken broth (vegetable broth may also be used)
Salt, to taste
Freshly ground black pepper, to taste

Melt the butter in a large pot. Add the onion and cook, stirring often, until soft, about 4 to 6 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Add the butternut squash, pumpkin, sweet potato, carrot, star anise and bay leaf and stir to combine. Add the vermouth and cook for 1 minute.

Add the chicken broth and bring the soup to a boil. Reduce the heat to a simmer and cook for 20 minutes or until the squash, pumpkin and sweet potato are tender.

Remove the bay leaf and discard. Puree the soup in batches in a blender or puree in the pot using a hand-blender. For an extra creamy soup, strain the pureed soup through a chinois or fine mesh strainer.

Return the soup to the stovetop and season to taste with salt and freshly ground black pepper. Enjoy!

This recipe came from Minced blog (www.mincedblog.com).