

Butternut Squash Soup

Yield: 4 to 6 servings

- 2 tablespoons butter
- 1/2 cup onion, chopped
- 4 cups butternut squash, peeled, seeded, and diced
- 1 tablespoon chopped fresh sage (or 1 teaspoon if dried)
- 3 cups chicken stock
- 1/2 cup milk
- Salt and pepper to taste
- pinch of allspice
- 1/4 cup chopped walnuts, toasted

1. Melt butter in a heavy saucepan and sauté onion over low heat for 5 minutes.
2. Add squash and sage. Stir in stock and milk and simmer for 35 to 40 minutes. Add seasonings and purée in a food processor.
3. Return to saucepan and reheat slowly before serving. Garnish each serving with chopped walnuts.