

Butternut Squash Soup

~Submitted by CSA Member Ellen Welty

Ingredients

1 medium sized squash, peeled and cubed
1 medium potato, peeled and cubed
1 medium onion, diced
1 Tablespoon olive oil or butter
 $\frac{1}{4}$ to $\frac{1}{2}$ c half and half (optional)
1 qt low-sodium chicken broth (or vegetable broth)
Nutmeg (to taste)

Preparation

Place all vegetables and butter or oil in medium sized saucepan and saute over medium to medium high heat until slightly soft. Add broth and simmer until squash is tender.

Puree using blender or hand-held blender. Add cream to taste and season with nutmeg.

(Serves six)

