



# Winter Squash Apple Soup

Adapted from mynewroots.org November 3, 2015

Makes 4-6 servings

## Ingredients:

- 2 Tbsp. canola or olive oil
- 3 leeks, sliced length-wise then chopped
- 1 medium onion, chopped
- 5 cloves garlic, minced
- 1 Tbsp. grated fresh ginger
- 1 tsp. ground cumin
- 1 large winter squash, cut into 1-inch cubes
- 1 large, tart apple, chopped
- 1 tsp. salt
- 4-6 cups vegetable broth
- Apple cider vinegar to taste (start with 1/2 tsp., up to 1 Tbsp.)

## Preparation:

1. Heat oil in a large pot over medium-high heat. Add leeks, onion, garlic, ginger, and cumin; cook, stirring often, until the onion is starting to soften.
2. Add squash, apple, and salt; cook, stirring, for one minute.
3. Add vegetable broth. Cover and bring to a boil over high heat. Reduce heat to simmer; cook, covered, stirring occasionally until squash is tender, about 20 minutes.
4. If desired, puree using an immersion blender, or allow soup to cool and puree in a blender in small batches. Add apple cider vinegar to taste.



For more information, or to volunteer with Concrete Farm to School, please contact Rachel Sacco at [concretefarmtoschool@gmail.com](mailto:concretefarmtoschool@gmail.com) or call (360)854-7171.



Your family may be eligible for food benefits through the Basic Food Program. To see if you are eligible, or to apply for benefits, call **(360) 854-7171**.

Family Size	Gross Monthly Income
2	\$2,586
3	\$3,256
4	\$3,926

*\*Use only as a general guideline. This program was funded in part by the USDA Food Stamp Program. Basic Food is available to all regardless of race, color, sex, age, handicap, religion, or political belief.*