Creamy Butternut Squash and Apple Soup

- Serves: 6
- Time: 45–55 minutes

Ingredients

- 1 large butternut squash (about 3–3 ½ lbs), peeled, seeded, and cubed
- 3 apples peeled and cubed (honey crisp for a sweeter soup, Granny Smith for a tartness)
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 1 large onion, diced
- 2 carrots, peeled and sliced
- 3 cloves garlic, smashed
- 1 tsp kosher salt, plus more to taste
- ½ tsp black pepper
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon (optional but luxurious)
- 4 cups vegetable or chicken stock
- 1 cup heavy cream or full-fat coconut milk
- 1–2 tsp maple syrup (just enough to lift the natural sweetness)
- Toasted pumpkin seeds or a swirl of cream for garnish

Method

1. Roast the Squash (Chef's Trick for Depth)

Preheat the oven to 425°F.

Toss the butternut squash cubes with olive oil, a pinch of salt, and pepper. Spread evenly on a sheet pan. Roast for 25–30 minutes, until caramelized around the edges. This step builds the soup's signature sweetness and complexity.

2. Build the Base

In a heavy pot, melt the butter over medium heat. Add the onion and carrots, cooking until softened and fragrant, about 6–8 minutes. Add the garlic and apples, cook another minute.

3. Spice It Gently

Stir in the nutmeg and cinnamon (if using). Warm the spices in the butter and vegetables—this blooms their flavor.

4. Combine and Simmer

Add the roasted squash to the pot along with the stock. Bring to a gentle simmer and cook for 10 minutes, letting everything meld into one silky harmony.

5. Puree to Velvet

Blend the soup until completely smooth—either with an immersion blender or carefully in batches using a stand blender. Return to the pot.

6. Finish Like a Pro

Stir in the cream (or coconut milk). Add maple syrup if the squash needs a touch of balance. Taste and adjust with salt and pepper. Warm through without boiling.

7. Serve with Style

Ladle into warm bowls. Garnish with toasted pumpkin seeds, a ribbon of cream, or a drizzle of maple syrup for an elevated finish.