

## FARM SQUASH BISQUE

### INGREDIENTS

1 ½ lbs. of Acorn Squash (peeled and seeded)  
2 tablespoons of butter  
¼ cup diced onion  
¼ cup diced celery  
1 apple (peeled and seeded)  
¼ cup diced carrot  
1 tablespoon maple syrup  
¼ cup brown sugar  
½ cup heavy cream  
3 cup vegetable broth  
1 tsp. ginger  
Dash of cinnamon  
Salt & Pepper to taste



**Nutrition Facts:**  
(per 8 ounce serving)  
230 calories  
11 grams fat  
31 grams carbohydrate  
2 grams protein  
7 grams fiber

### DIRECTIONS

Melt butter and add chopped squash, apples, celery, onions, carrot & ginger. Sauté for approximately 5 minutes until you achieve a golden color on the vegetables. Add vegetable broth, cream and syrup and simmer for 30 minutes. Puree and add cinnamon, salt & pepper to taste.

Recipe by UMD Executive Chef Tom Linderholm