

APPLE RUTABAGA SOUP

Serves 4-6

1/4 lb. butter
1 cup onion, roughly chopped
1 cup granny smith apple, peeled, cored, & chopped
1 cup rutabaga, peeled & roughly chopped
1 cup butternut squash, peeled, seeded & chopped
1 cup carrots, peeled & chopped
1 cup sweet potato, peeled & chopped
1 quart chicken stock
1/4 cup maple syrup
salt to taste
cayenne pepper – to taste
dollop crème fresh and maple syrup to drizzle on top before serving

1. In a large saucepan over medium heat, melt the ¼ lb. butter.
2. Add the onion, apple, rutabaga, squash, carrot and sweet potato and cook, stirring occasionally, until onions are translucent.
3. Add chicken stock and bring to a boil; simmer for 20-25 minutes until vegetables are cooked through & tender.
4. Puree vegetables in blender, food processor or immersion blender.
5. Strain through a fine mesh strainer into the same pot used to cook the vegetables.
6. Add maple syrup, salt and cayenne pepper.
7. Bring to a simmer.
8. Serve with a dollop of crème fresh and dribble a little maple syrup on top.

From Jo Ann Hess via friend Deb Spiers