



SECOND HARVEST
of SILICON VALLEY



Creamy Butternut Squash Soup

Ingredients

2 Tbsp cooking oil
1 large onion, chopped
1 apple, peeled, cored, and diced
4 garlic cloves, chopped
1-1 1/2 Tbsp minced ginger
1 tsp curry powder
Pinch of crushed red pepper flakes
4 cups chicken or vegetable broth
1 medium size (about 2 lbs) butternut squash, peeled, deseeded, chopped into cubes
Juice from 1 orange, about 1/4 cup
Zest from 1 orange, optional
1-2 tsp salt

Maple Bacon Onion Topping

4 slices of bacon
1 large onion, thinly sliced
3 Tbsp maple syrup
1/2 Tbsp finely minced ginger

Servings: 6

Prep time: 10-15 minutes

Cook Time: 25-50 minutes

Total Time: 35-65 minutes

Directions

For Butternut Squash Soup:

1. Heat cooking oil in a large pot over medium-high heat. Add the onions and apple and cook for 5 minutes. Add the garlic and ginger and cook for 1 minute. Add the curry powder and red pepper flakes and cook for 1 minute.
2. Add the broth, squash, orange juice, and orange zest (if using). Cover and let come to a boil, then turn down the heat and simmer for 15 minutes, or until the squash is tender.
3. Puree the soup in batches using your blender, or in the pot with an immersion blender. Season to taste with salt. Serve the soup topped with maple bacon onions.

For Maple Bacon Onion Topping:

1. Cook the bacon in a large skillet over medium-high heat until crispy, about 10 minutes. Once crispy, remove from the pan and set aside.
2. Add the sliced onions to the pan with about half of the bacon oil and cook until soft, about 5 minutes. Now add the maple syrup and ginger and continue to cook until onion mixture is thick and caramelized, about 10 minutes. Remove pan from the heat, crumble the bacon over the onions, and stir to combine.

Tip:

You can substitute the butternut squash with kabocha squash, a cooking pumpkin, or a 15-oz can of pumpkin puree.

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