

Fall-Inspired Cooking Demo

Butternut Squash Soup

Ingredients:

2 tbsp olive oil
1 large yellow onion, chopped
4-5 cloves garlic
1 tbsp ginger
2 carrots, chopped
1 tart apple, peeled, cored, chopped
3 lbs butternut squash (~1 medium), peeled, seeded, and chopped
Salt & pepper to taste
½ tsp rosemary
½ tsp sage
Pinch of cinnamon & nutmeg
3 cups vegetable broth
½ can coconut milk (or ½ cup heavy cream)

Instructions

Instant Pot & Stovetop:

1. Heat olive oil and saute onion for at least 5 minutes. Add garlic & ginger and saute for about 1 minute.
2. Add carrots, apple, squash, salt, pepper, and seasonings and stir well.
3. Add broth, then either simmer until butternut squash is tender (stovetop) or put the lid on the instant pot and cook for 10 minutes on high pressure. Allow pressure to release naturally for 15 minutes if possible.
4. Add coconut milk or cream and use an immersion blender to blend soup to a creamy consistency.

Slow Cooker:

1. Add all ingredients except coconut milk to slow cooker and cook on low for 6-8 hours or high for 3-4 hours.
2. Add coconut milk or cream and use an immersion blender to blend soup to a creamy consistency.

Recipe adapted from https://www.simplyhappyfoodie.com/instant-pot-butternut-squash-soup/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=852097696_36207916_220405

Sauteed Cinnamon Apples

Ingredients:

3 tart apples, chopped

2 tbsp water

1 tbsp coconut oil or butter

1 tbsp maple syrup (or honey or granulated sugar)

½ tsp cinnamon

¼ tsp vanilla extract

Instructions:

1. Add apples and 2 tbsp water to skillet. Cook on medium heat for 5 minutes until apples are slightly soft
2. Add butter or coconut oil to skillet and cook for another 5 minutes. Add all other ingredients and stir. Cook for another 5 minutes. Enjoy!

Recipe adapted from <https://joyfoodsunshine.com/stovetop-cinnamon-apples/>.