

BUTTERNUT SQUASH SOUP

INGREDIENTS

4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed

2 tablespoons unsalted butter (1/4 stick)

1 medium Granny Smith apple, peeled and diced

1/2 medium yellow onion, diced

8 fresh sage leaves

2 1/2 cups low-sodium vegetable or chicken broth

2 1/2 cups water

1 1/2 teaspoons kosher salt, plus more as needed

1/4 teaspoon freshly ground black pepper, plus more as needed

1/3 cup heavy cream

1/2 cup toasted pumpkin seeds, for garnish (optional)

INSTRUCTIONS

Heat the oven to 425°F. Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter and brush all of it over the tops and insides of the squash halves. Season generously with salt and pepper. Roast until knife tender, 50 minutes to 1 hour.

Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.

When squash is ready and cooled, use a large spoon to scoop the flesh into the saucepan with the sautéed apples and onions; discard the skins.

Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.

Using a blender, purée the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed. Serve garnished with the pumpkin seeds, if using.

WHITE BEAN CHICKEN CHILI

INGREDIENTS

3/4 pound boneless skinless chicken breasts, cut into 1-1/4-inch pieces

1/4 teaspoon salt

1/4 teaspoon pepper

2 tablespoons olive oil, divided

1 medium onion, chopped

1 jalapeno pepper, seeded and chopped

4 garlic cloves, minced

2 teaspoons dried oregano

1 teaspoon ground cumin

2 cans (15 ounces each) cannellini beans, rinsed and drained, divided

2-1/2 cups chicken broth, divided

1-1/2 cups shredded cheddar cheese

Optional toppings: sliced avocado, quartered cherry tomatoes and chopped cilantro

INSTRUCTIONS

Heat 2 tablespoons oil over medium heat. Saute onion until tender. Add jalapeno, garlic, oregano and cumin; cook and stir 2 minutes. Add chicken, season with salt and pepper. Saute chicken until browned, stirring consistently.

While chicken is cooking, mash 1 cup of the beans in a separate bowl; stir in 1/2 cup broth. Stir bean mixture and the remaining whole beans and broth into chicken mixture.

Cook, covered, on low until chicken chili is heated through and chicken is tender (20-30 minutes). Stir before serving. Sprinkle with cheese; add toppings if desired.