

PURÉED SQUASH AND PEAR SOUP WITH TOASTED PINENUTS

INGREDIENTS:

- 2 Tbsp. olive oil
- 1 sweet yellow onion, chopped
- 3 firm ripe pears, peels and seeds removed, roughly chopped
- 8 cups cubed butternut squash, peels and seeds removed. (To save time, use the cubed butternut squash available at Trader Joe's, Costco or many grocery stores)
- 2 Tbsp. finely chopped fresh sage leaves
- 1/2 tsp. ground allspice
- 1/2 tsp. each kosher salt and fresh ground black pepper, plus additional to taste
- 8 cups low-sodium chicken or vegetable broth (or a combination of the two)
- 4 Tbsp. unsalted pinenuts

INSTRUCTIONS:

1. Heat a 6-qt stockpot on medium-high. Add oil and swirl to coat the bottom of the pan. Add the onion and sauté until it is translucent.
2. Add all ingredients other than the pinenuts. Bring to a boil and then simmer for approximately one hour (until the squash and pear are fully cooked).
3. Use an immersion blender to purée the soup. (Alternatively, purée the soup in a blender in batches. To allow steam to escape, cover the top of the blender with a kitchen towel rather than the cover).
4. Approximately 5 minutes before serving, heat a small pan on medium-high. Add the pinenuts and stir continuously until they are golden brown.
5. To serve, ladle soup into bowls and garnish with toasted pinenuts.