

Butternut Squash, Apple, & Pear Soup w/ Maple Roasted Chickpeas

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A warming, wholesome soup with hearty, fall harvest ingredients

Yield: 32 ounces **Serving Size:** 4 ounces **Number of Servings:** 8

| Ingredients: | US Standard |
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| White onion, diced ¼" macédoine | 1 ounce |
| Garlic, minced | 1 Tablespoon |
| Butternut squash, washed, peeled, diced ¾" carré | 8 ounces |
| Apple, washed, unpeeled, diced ¾" carré | 2 ounces |
| Pear, washed, unpeeled, diced ¾" carré | 2 ounces |
| Extra virgin olive oil, divided | 1½ Tablespoons plus 1 Tablespoon |
| Curry powder | 1 teaspoon |
| Ground cinnamon, divided | ½ teaspoon plus ¼ teaspoon |
| Ground ginger | ½ teaspoon |
| Salt, divided | ¼ teaspoon plus ¼ teaspoon |
| Black pepper | ¼ teaspoon |
| Vegetable stock | 2 cups |
| Chickpeas or garbanzo beans, drained and rinsed | 4 ounces |
| Maple syrup, pure | 1½ Tablespoons |
| Brown sugar | 1 Tablespoon |
| Pumpkin seeds (pepitas) | 1 ounce |

Method of Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375° Fahrenheit.
3. Dice onion, garlic, butternut squash, apple, and pear.
4. Heat large saucepan on medium heat; add oil and heat.
5. Add onion; cook 5 minutes, or until translucent and tender. Stir in garlic; cook 1 minute.
6. Add squash, apple, pear, curry powder, cinnamon, ginger, salt, and pepper. Stir to combine.
7. Stir in vegetable stock; increase heat to high. Cover with lid or aluminum foil and bring to boil.

8. Once boiling, reduce heat to medium and bring to simmer. Simmer, covered, until squash is tender, about 30 minutes.
9. In the meantime, prepare maple roasted chickpeas. Thoroughly rinse chickpeas and drain liquid. Pat dry with paper towel.
10. In small bowl, combine oil, maple syrup, brown sugar, cinnamon, and salt. Add chickpeas and toss until chickpeas are well coated.
11. Spread evenly on baking sheet lined with parchment paper. Bake in oven about 25 minutes, or until golden-brown and crispy.
12. On separate baking sheet, evenly spread pumpkin seeds. Toast in oven until lightly browned, about 4 minutes.
13. When butternut squash is tender, remove soup from heat. Puree with immersion blender.
14. Garnish soup with maple roasted chickpeas and toasted pumpkin seeds.

Notes: Pumpkin seeds may be substituted with other ingredients, such as sunflower seeds.

Nutritional Analysis: Per serving

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| Calories: | 112.43 | Fiber: | 2.51 g | Calcium: | 35.23 mg |
| Total Fat: | 6.36 g | Cholesterol: | 0 mg | Iron: | 1.12 mg |
| Saturated Fat: | 1.02 g | B-6: | 0.15 mg | Sodium: | 290.32 mg |
| Mono Fat: | 3.85 g | Vitamin B-12: | 0 mcg | Omega 3s: | 0.05 g |
| Protein: | 2.61 g | Vitamin D: | 0 mcg | Folate: | 12.98 mcg |
| Carbohydrates: | 12.37 g | Vitamin K: | 4.38 mcg | Potassium: | 193.41 mg |