

Acorn Squash & Kale Soup

Kale pairs perfectly with the sweet, nutty flavor of pureed acorn squash in this hearty soup, as does some savory bacon. This recipe includes directions on how to make the squash puree. A one-pound acorn squash will make over 2 cups of puree. Any extra puree can be frozen for future use.

INGREDIENTS

2 acorn squash weighing about a pound each, made into 4 cups of acorn squash puree (directions included on reverse of this recipe)

½ pound kale, thick stems removed and leaves finely chopped (approx. 8 cups in the end)

1 medium onion, finely chopped

3 cups of vegetable or chicken broth

Salt & ground black pepper

4-5 ounces bacon, cut into ½ inch pieces - optional

If you aren't using bacon, use 2 tablespoons butter, ghee, or olive oil instead of using bacon fat.

Buy some fresh bread to serve alongside soup!



This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.



DIRECTIONS

For Puree:

Cut squash in half, remove seeds and place on a baking sheet (face up or face down). Roast in a 400° oven for 45-50 minutes, or until fork-tender. They should be nice and light golden brown when done.

Using a metal spoon, scrape the pumpkin flesh away from the skin.

Using a food processor, pulse the squash until smooth (or mash it up with a potato masher). If it looks too dry, add in a few tablespoons of water during the pulsing to give it the needed moisture.

For Soup:

Cook bacon in large sauce pan over medium heat, stirring occasionally, until crisp, 4 to 5 minutes. Using a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside.

Add onion to fat in pan, and cook until softened, 4 to 5 minutes. Note: If you aren't using bacon, use 2 tablespoons butter, ghee, or olive oil instead of using bacon fat.

Add kale; cook until soft, 3 to 4 minutes.

Add squash puree and 3 cups broth (or more to achieve desired consistency).

Bring just to a boil then season with salt and pepper to taste. Serve.

Market Shopping List

- Acorn Squash - 18th Century Purity, Bluebird Hill, Colgan, Easy Pickin', Oxen Hill, Riverview
- Kale - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview
- Onion - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Bacon - Proctor Hall Farm
- Ghee - FarmTrue (CFM guest vendor)
- Olive oil - Ariston
- Bread - Hartford Baking, Soleil & Suns, Shayna B's (gluten free)
- Broth, salt, pepper - **Highland Park Market of Coventry**