

Butternut Squash, Kale & White Bean Soup with Parmesan Herb Topping

4 hearty servings

Ingredients Directions

- 3 T evoo, divided
- 2 c diced butternut squash
- ½ c onion, diced
- 3 large garlic cloves, minced
- ½ large bunch kale, stemmed and chiffonade (ribbon cuts)
- ½ c dry white wine*
- 6 c chicken stock
- 2 sprigs fresh herbs such as rosemary, thyme, or oregano
- 1 15 oz can cannellini beans, or preferred white bean
- ½ c grated Parmesan cheese
- ¼ c minced parsley
- Zest of ½ large lemon
- Squeeze of fresh lemon to finish
- Salt and pepper to taste

*wine substitutes - white grape juice, apple juice; white wine vinegar; apple cider vinegar. My personal taste for ½ c of wine is 3 ounces juice plus 1 ounce vinegar or lemon juice.

Preheat oven to 375 degrees. Drizzle 1 tablespoon of evoo on a half sheet pan and toss the diced butternut squash on the pan with salt and pepper. Roast in oven until just golden and al dente, approximately 12 minutes. Turn half way through. Remove from oven.

Place a large soup pot or french oven over medium high heat. Add the remaining evoo and diced onion. Stir until translucent and perhaps a bit of color, 1-2 minutes. Add garlic and stir until fragrant. Stir in kale until wilted, 1 minute. Season with salt and pepper. Add wine to deglaze, stirring to get all fond off bottom of pan. Reduce the wine until almost gone. Add stock and fresh herbs and simmer for 30 minutes.

While soup is simmering, make Parmesan topping. Combine the cheese, parsley, lemon zest, salt and pepper in a small bowl. Mix until combined.

After soup has simmered, remove herbs add butternut squash and beans. Taste for seasoning.

Ladle into bowls and serve with Parmesan topping.

Greystone