

# J. Rickards Winery



## Butternut Squash & Sweet Potato Soup

*This Slow Cooker Butternut Squash and Sweet Potato Soup can be prepped the night before to save even more time the next day!*

Prep time: 15 min | Cook time: 3 hr | Total time: 3 hr 15 min | 6 servings  
Recommended wine pairing: **J. Rickards Bettino's Blend**

### INGREDIENTS

- 1 medium yellow onion, chopped
- 1 medium-large butternut squash peeled, seeded and chopped into 1-inch pieces
- 2 medium sweet potatoes (about 1 ½ pounds) peeled and chopped into 1-inch pieces
- 1 apple cored and cut into 1-inch pieces
- ½ teaspoon ground cinnamon
- 1 pinch nutmeg
- Salt and Pepper to taste
- 4 cups low sodium vegetable broth

### DIRECTIONS

- 1 Combine all ingredients in a 5 quart, or larger, slow cooker. Cook on low for 8 hours or high for 4 to 6 hours.
- 2 Purée the soup until smooth, either with an immersion blender or by transferring to a counter-top blender in batches.
- 3 Taste and add additional salt and pepper, as needed.

*Garnish Soup with toasted pepitas and a drizzle of olive oil,  
or crème fraîche and chives*