

GUASTELLO'S VILLAGE MARKET

Italian Sausage & Squash Soup

Serves 6

Ingredients

1 lb. bulk Italian sausage
2 tbl. olive oil, divided
1 ½ cups diced onions
2 tbl. minced fresh garlic
1 butternut squash, peeled, seeded, and cut into 1 inch chunks (about 1 ½ lbs.)
¼ tsp. red pepper flakes
2 cups low-sodium chicken broth
2 cups water
1 cup diced red bell peppers
½ cup heavy cream
1 tsp. ground sage
1 tsp. sugar
2 cups packed baby spinach
3 tbl. brandy
Salt and black pepper to taste

Instructions

Brown sausage in 1 tbl. oil in a skillet over medium-high heat until cooked through; drain on a paper-towel-lined plate.

Sweat onions and garlic in remaining 1 tbl. oil in a large pot over medium heat until soft, 5 minutes. Increase heat to medium-high, add squash and pepper flakes, and sauté 5 minutes.

Stir in broth and water, bring to a boil, reduce heat, and simmer until squash is very soft, 10 minutes.

Puree soup with a handheld blender (or in batches in a standard blender), then add bell peppers, cream, sage, and sugar; simmer until bell peppers are tender, about 5 minutes. Stir in spinach, brandy, and sausage, and simmer soup until spinach wilts and sausage is heated through, 2 minutes more; season with salt and black pepper.

Credit: Cuisine Soup, Stews & Chilies