



ROSH HASHANAH
RECIPES

Roasted Butternut, Carrot and Apple Soup

Pareve, Serves 6-8

Ingredients

1 medium butternut squash
3 medium carrots
2 small/medium apples (green for less sweetness, or a variety)
1/2 yellow onion, cut into large pieces
2 T olive oil
Salt and pepper

3 c vegetable broth
1/2 c coconut milk
1/4" piece of fresh ginger
Salt and pepper to taste

Instructions

1. Preheat oven to 425 degrees.
2. Peel the squash, remove seeds and cut into chunks. Peel carrots and cut to the same size. Leave the apples unpeeled and cut to the same size as well.
3. Toss these three with the onion pieces in olive oil, salt and pepper, then spread on a parchment-lined sheet pan. Roast for about 20 minutes or until vegetables are tender and show a bit of caramelization. Allow to cool slightly.
4. Using a blender or immersion blender, combine vegetables with remaining ingredients. Blend until very smooth and velvety, adding more or less broth/coconut milk as needed.
5. Soup can be served warm or chilled, garnished with pumpkin seeds.



All recipes provided by Chef Melinda McNeil of the East Valley JCC's Challah Factory.