

From the kitchen of: **Wendy Wintersteen**

PhD '88 entomology, dean and director, experiment station (courtesy Linda White)

Read about Wendy at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Butternut Squash and Apple Bisque*

### INGREDIENTS:

2 tablespoons olive oil

1 tablespoon butter

5 cups butternut squash, peeled, seeded, cubed

1 onion, chopped

1 carrot, peeled or unpeeled, cut into ¼-inch slices

½ red bell pepper, chopped

2 stalks celery, chopped

1 Granny Smith apple, peeled, cored, chopped

½ teaspoon ground allspice

¼ teaspoon nutmeg

28 ounces vegetable broth

1 cup apple juice or cider

Sour cream for garnish

**DIRECTIONS:** Melt butter and add olive oil over medium heat. Add all vegetables and sauté, stirring occasionally, until vegetables are somewhat tender (about ten minutes). Mix in apple, allspice, and nutmeg. Add broth and apple juice. Bring to boil then reduce heat to simmer. Cover and simmer until vegetables are tender (about 30 minutes). Puree the soup using blender, food processor or immersion blender. Return soup to pot to keep warm until ready to serve. Season with salt and pepper. Ladle into bowls, top with dollop of sour cream if desired. Serves eight.

*"This is a favorite made by my friend and neighbor Linda White, the wife of Bernie White, Emeritus University Professor and former chair of our Department of Biochemistry, Biophysics and Molecular Biology."*