

**Butternut Squash Mac and Cheese (Yields 4 Servings)**

16oz butternut squash soup  
16oz pinelands cheddar cheese (or your choice of cheese)  
8oz uncooked pasta  
4oz milk  
1oz minced garlic  
1oz butter  
2 tsp salt

- 1)Start a pot of boiling water, add uncooked pasta to water and cook until al dente.
- 2)Meanwhile pasta is cooking, start cheese sauce by sautéing the garlic for about 1 minute in 1oz butter, mix in the soup and milk and melt in the cheese
- 3)Drain pasta once cooked, combine cooked pasta with cheese sauce and serve.

Ingredients:





339 x 600

## **Butternut Squash Soup**

**(made with surplus food that would  
otherwise go to waste)**

**Butternut Squash Soup** (Yields 6 cups) 1 hour and 30 mins

3 lbs Butternut squash (about 5 large squash)

1oz olive oil

4oz small dice onion

1 tbsp salt

½ tsp black pepper

1oz garlic cloves minced

.5oz maple syrup

1/8 tsp ground nutmeg

48oz chicken broth

2 tbsp butter

- 1) Preheat oven to 425 and cover sheet pan with parchment paper. Slice squash in half remove seeds, rub olive oil all over squash and place inside down on sheet pan and bake for 40mins or until soft.
- 2) Scoop squash out of the peel once cool enough to handle, and put cooked squash into bowl. Measure 3lbs and set aside.
- 3) In a stockpot sauté onion with .5oz olive oil until starting to become translucent (about 3mins) then add garlic (about 1 min) do not brown them.
- 4) Add half the squash to the blender with maple syrup, nutmeg and the sautéed onions and garlic, blend adding 24oz of chicken stock as you go. Add back into stock pot when a creamy-like consistency has been reached.
- 5) Add the rest of the squash and other 24oz chicken stock (again as you go) into the blender until right consistency, add and stir back into the stock pot.
- 6) Mix soup together and heat to bring out all the flavors add the salt, black pepper and butter at the end.

It has the potential to be canned in a pressure canner to make it shelf stable.

## **Butternut Squash Mac and Cheese (Yields 4 Servings) 20mins**

16oz butternut squash soup  
16oz pinelands cheddar cheese (or your choice of cheese)  
8oz uncooked pasta  
4oz milk  
1oz minced garlic  
1oz butter  
2 tsp salt

- 1) Start a pot of boiling water, add uncooked pasta to water and cook until al dente.
- 2) Meanwhile pasta is cooking, start cheese sauce by sautéing the garlic for about 1 minute in 1oz butter, mix in the soup and milk and melt in the cheese.
- 3) Once cheese is melted and sauce is combined and pasta is cooked, drain pasta, combine cooked pasta with cheese sauce and serve.



**Butternut Squash Muffins** (Yields 12 muffins) 1 hour

8oz butternut squash pure (about 1 large squash)

2oz softened butter

2.5oz whole milk

2.5oz granulated sugar

2.5oz brown sugar

12oz cake flour

½ tsp baking powder

½ tsp baking soda

¼ tsp salt

1 ½ tsp cinnamon

1/8 tsp ground nutmeg

1/8 tsp ground cloves

2 eggs

2oz white chocolate chips

2oz golden raisins

1oz olive oil

Topping:

2oz all-purpose flour

1oz brown sugar

1oz granulated sugar

1/4 tsp ground cinnamon

1 ½ Tbsp melted butter

- 1) Preheat oven to 425 and cover sheet pan with parchment paper. Slice squash in half remove seeds, rub olive oil all over squash and place inside down on sheet pan and bake for 40mins or until soft.
- 2) Scoop squash out of the peel once cool enough to handle and put insides into a blender. Blend to make a butternut squash pure. Measure 8oz and set aside.
- 3) Preheat oven to 400. Combine all topping ingredients together using gloved hands.
- 4) Cream the butter, brown sugar and granulated sugar together. Mix in 8oz of butternut squash puree, eggs, and milk.
- 5) Add the flour, baking powder, baking soda, salt, spices, chocolate and raisins and fold into batter until combined, do not over mix.
- 6) Place cupcake liners in muffin sheet and spoon batter in ¾ full. Add bits of topping crumble and press lightly in (so it doesn't just fall off the top after baking).
- 7) Bake 14-16mins or until a toothpick comes out clean.

