TFC TIMES

PILATES ON THE DECK at TFC

Did you know ? The Pilates Method was originally called "**Contrology**" by its creator Joseph Pilates.

Please Excuse Our Mess while the showers and steam room are under renovation.

ROASTED BUTTERNUT SQUASH AND BACON SOUP

Ingredients

1 butternut squash (about 3 pounds), peeled, seeded and cut in 1 inch chunks

1 onion, diced

1 red bell pepper, chopped

4 slices bacon, diced (optional)

2 tablespoons olive oil

2 cloves garlic, minced

Kosher salt and freshly ground black pepper, to taste

For the soup

4 slices bacon, diced (optional)

1/2 teaspoon dried thyme

2 1/2 cups chicken stock, or more, to taste (can use Vegetable stock)

1/4 cup crumbled goat cheese

2 tablespoons chopped chives

Directions

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Place butternut squash, onion, bell pepper and bacon in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.
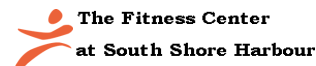
Place into oven and bake for 25-30 minutes, or until butternut squash is tender, stirring at halftime.

Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel lined plate.

Heat a large stockpot or Dutch oven over medium heat. Add butternut squash mixture and thyme, and cook, stirring occasionally, until fragrant, about 1-2 minutes; season with salt and pepper, to taste. Stir in chicken stock and puree with an immersion blender.

Bring to a boil; reduce heat and simmer until slightly thickened, about 5-10 minutes. If the soup is too thick, add more chicken or vegetable stock as needed until desired consistency is reached.

Serve immediately, garnished with bacon, goat cheese and chives, if desired.

The Fitness Center at South Shore Harbour

Follow us on Facebook