

Roasted Butternut Squash Soup

Serving Size: 6 oz

Servings: 4

Ingredients:

- 3 pounds or 1 large Butternut Squash
- 3 tablespoons Extra Virgin Olive Oil
- ½ cup Red Onion, diced
- 4 cloves Garlic, minced
- 3-4 cups Vegetable or Chicken Stock (unsalted)
- ½ teaspoon ground Cinnamon
- 1/8 teaspoon ground Nutmeg
- 2 tablespoons Butter, or ¼ cup Light Coconut Milk
- 1 teaspoon Kosher salt
- 1 teaspoon Black Pepper, cracked or ground
- Parchment paper or foil
- Pepitas (optional for garnish)

Preparation:

1. Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about 1 tablespoon). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
2. Turn the squash face down on baking sheet and roast until it is tender, about 40 to 50 minutes. The skin will brown, this is caramelization and adds lots of flavor. Set the squash aside until it's cool enough to handle, about 10 minutes.
3. In a medium stock pot, warm 1 tablespoon olive oil over medium heat until. Add the diced onion and 1/2 teaspoon salt, cook until tender and slightly golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.
4. Using a large spoon, scoop the butternut squash out of the skin, into your stock pot. Discard the skin. Add the cinnamon, nutmeg and a few twists of freshly ground black pepper to the pot. Pour in 3 cups vegetable or chicken stock, stirring to combine all ingredients. Turn heat to low setting and bring mixture to a simmer. Simmer just until mixture is heated through, 5-7 minutes.

5. Pour heated mixture into a standing blender, BE CAREFUL as mixture will be very hot. Be sure not to fill blender more than ¾ full. Do this in 2 batches if necessary. Securely fasten the lid. Blend on high (or select the soup preset, if available), being careful to avoid hot steam escaping from the lid. Stop once your soup is smooth and creamy consistency. Combine both blended batches of soup together, back into stock pot, when blending is completed.
6. If you would like to thin out your soup a bit more, stir in the remaining cup of stock. Add 1 to 2 tablespoons butter, light coconut milk OR olive oil, to taste, and blend well. Taste and stir in a little more salt and pepper, if necessary.
7. If your soup is piping hot from the blending process, you can pour it into serving bowls. If not, warm the soup over medium heat, stirring often, until it's nice and steamy. Add a sprinkle of cinnamon and fresh cracked black pepper as garnish after you pour into each bowl. Serve hot and enjoy!

Healthy Chef Suggestions

- *Missing something? Stir in a tablespoon of maple syrup or honey for a little added sweetness. This will help round out the flavor of the squash just a bit.*
- *Want to get fancy, add a garnish! Add some pepitas to the top of your soup for a beautiful touch of green color and little crunch.*

Substitutions: Don't worry if you don't have an ingredient, substitutions are fine!

- *No pepitas? Save the seeds from the butternut squash, season them with your favorite seasoning and roast on a baking sheet in a 350 degree oven until crispy, about 10-15 minutes. Use as a garnish or enjoy as a high fiber snack!*

Roasted Butternut Squash Soup

Serving Size: 6 oz

Servings: 4

Nutrition Facts

Serving Size 6 oz

Serves 4

Calories 372

% Daily Value*

Total Fat 18.8g 24%

Cholesterol 20.7mg 7%

Sodium 568.1mg 25%

Total Carbohydrate 49.3g 18%

Sugars 11.2g

Protein 8.4g 17%

- Vitamin A 207%
- Vitamin C 82%
- Potassium 399mg
- Phosphorus 37mg
- Iron 6%

The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice

[POWERED BY NUTRIFOX](#)