



Roasted Squash Soup

8 servings

INGREDIENTS

- 1 butternut (or other winter squash), halved lengthwise and seeds removed
- 3 Tbsp butter or olive oil
- 1 medium yellow onion
- 5 cups water
- 2 tsp salt
- ½ tsp pepper
- Optional:
- 1/3 cup heavy cream
- 1 Tbsp dried sage or thyme
- 2 Tbsp maple syrup, honey or sugar
- 1/2 tsp cinnamon or nutmeg

DIRECTIONS

1. Heat oven to 425°F. Cook halved squash in oven with 2 Tbsp of butter on top in a casserole pan or baking sheet. Roast until tender, about 50 minutes to 1 hour.
2. Cut the onion into medium dice. Melt the remaining tablespoon of butter in a large soup pan. Add the onion and sage, season with salt and pepper, and cook, until softened, about 7 minutes. Remove the pan from the heat and set aside.
3. When the squash is ready, scoop out insides and place in blender with water in batches or mash in pot.
4. Add squash to pot with cooked ingredients, add maple syrup and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer. Remove the pan from the heat and stir in the cream.



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