

Roasted Butternut Soup

Prep Time: 10 min

Cook Time: 1 hr 5 min

Servings: 6



Roasting vegetables to make soup is an all time favorite. Roasting is an easy technique that enhances the flavor of vegetables by caramelizing the natural sugars, resulting in a deeper more intense flavor. Roasted Butternut Soup is great when topped with croutons, a splash of cream, or toasted nuts/seeds. This soup is great with sandwiches, as a meal starter or a light snack.

Ingredients

- 1 butternut (or other winter squash), rinsed, halved lengthwise and seeds removed
- 2 Tbsp olive oil, or other oil
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 3-4 cups vegetable stock (or chicken broth)
- salt & pepper, to taste
- 1 Tbsp maple syrup, brown sugar or honey
- 1/2 tsp dried sage or thyme

Steps

1. Heat oven to 425°F. Coat halved squash with 1 Tbsp oil. Cook cut side up on a baking sheet. Roast until tender, about 50 minutes to 1 hour.
2. In large pot, heat the remaining 1 Tbsp of oil over medium-high heat. Sauté onions until soft, about 3-4 minutes, adding a pinch of salt as they cook. Stir in garlic, pepper and any additional seasoning, cook for 1 more minute.
3. When the squash is ready, scoop out insides and place in blender with stock in batches. Or, mash in pot with stock or blend with immersion blender.
4. Add squash/stock puree 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.
5. For added flavor and texture top with cream, toasted nuts, croutons, or grated cheese!