



## Roasted Butternut Squash Soup

Adapted from Cookie and Kate ([cookieandkate.com/2015/roasted-butternut-squash-soup/](http://cookieandkate.com/2015/roasted-butternut-squash-soup/))

Prep Time: 10 mins    Cook Time: 55 mins    Total Time: 1 hour 5 minutes    Yield: 4 bowls or 6 cups

### INGREDIENTS

- 1 large butternut squash (about 3 pounds), halved vertically and seeded
- 1 tablespoon olive oil, plus more for drizzling
- 1/2 cup chopped shallot (or onion)
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup (optional)
- 1/8 teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- Up to 4 cups (32 ounces) low sodium vegetable broth

### INSTRUCTIONS

1. Preheat oven to 400 degrees F and line a rimmed baking sheet with aluminum foil. Place the butternut squash halves on the pan and drizzle each with just enough olive oil to lightly coat the inside of the squash (about 1 teaspoon each). Rub in the oil and sprinkle squash halves with salt and pepper.
2. Turn the squash face down and roast until it is tender and completely cooked through, about 50 minutes. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the tough skin.
3. Meanwhile, in a large soup pot, warm 1 tablespoon olive oil over medium heat until shimmering. Add the chopped shallot (or onion) and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 30 seconds, stirring frequently.
4. Add the reserved squash to the pot, then add the broth, maple syrup, nutmeg and a few twists of freshly ground black pepper. Bring the mixture to a simmer and cook, stirring occasionally, for 15 to 20 minutes so the flavors have a chance to meld.
5. Use an immersion blender or food processor to blend the soup until smooth. Or, for a quicker and more textured preparation, simply stir the soup well.
6. Serve immediately. For an interesting contrast, top with cinnamon croutons, roasted squash seeds or a dollop of plain yogurt. You may refrigerate soup up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months. Enjoy!

**FOR EASY HANDLING OF BUTTERNUT SQUASH** - wash exterior of squash well and pierce 6 times with a knife. Place whole squash in microwave and cook on high 2-3 minutes, rotating once. Cut stem end off the squash to create a flat surface. Place squash, stem end down for stability, on chop board and slice in half vertically, taking extra care with your knife. Remove seeds. Microwaving for just 2-3 minutes softens the squash slightly, so that knives can cut into the squash with less effort.