

VEGAN BUTTERNUT SQUASH SOUP WITH ALMOND MILK

NAME OF DISH

INGREDIENTS

- 3 cloves of garlic
- 2 tablespoons of oil, plus more for brushing
- 1 sweet onion, chopped
- 3 cups of peeled and cubed butternut squash
- 3 cups of vegetable broth
- salt and pepper to taste
- 1 cup unsweetened vanilla-flavored almond milk, or more to taste



INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Cut off the top 1/4 inch of the garlic clove and brush the cut cloves with a small amount of olive oil. Wrap in aluminum foil.
3. Bake in the preheated oven until cloves are tender and browned, about 45 minutes. Let cool until safe to handle, about 5 minutes; chop.
4. Heat olive oil in a 5-quart pot over medium-high heat. Add garlic and onion; sauté until onion is translucent, about five minutes. Add butternut squash and broth. Season with salt and pepper. Bring to a boil, reduce heat, and simmer until squash is soft, about 30 minutes. Remove soup from heat and let cool slightly, about 30 minutes.
5. Fill blender halfway with soup. Add about 1/2 cup of almond milk. Cover and hold down with a pot holder; pulse a few times before leaving on to blend for 1 minute. Pour into pot. Repeat with remaining soup and almond milk. Return soup to the stove over low heat before serving, cool until heated through, about 3 minutes.

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