

Butternut Squash Soup



Ready in about an hour

Serves 8 (ish. Because who portions out healthy soup??)

Calories 60 (Yeay for vegetables!!)

Ingredients

- 1 butternut squash, peeled, cubed, and roasted
- 1 medium onion, chopped
- 2T butter
- 1/2t cinnamon
- 1/8t nutmeg
- 1/8t ginger
- 1T brown sugar
- 4c vegetable broth

Preparation

1. Roast the butternut squash. You can do this one of two ways: either slice in half, remove the seeds, and place the halves face-down on a rimmed cookie sheet; or peel, cube (still removing those pesky seeds), season with a bit of avocado oil, salt and pepper, and spread out in an even layer on a rimmed cookie sheet. Either way, roast it at 375* for about 40 mins or until you can pierce it easily with a fork. If you did the “slice it in half” option, flip the two halves over and let them cool a bit before you scoop out the flesh.
2. When the squash is almost done roasting, chop your onion and sauté it in the butter in a Dutch oven or big saucepan until it’s translucent and smelling awesome.
3. When your squash is done, add it to the pot along with the rest of the ingredients.
4. Bring it to a boil and then turn down the heat and let it simmer with the lid on for about 20 mins.
5. Get out your immersion blender and purée it all until it’s nice and smooth. (A blender will also work for this although we’ve never tried it.)
6. If your soup looks really thick like baby food/paste, add a bit more vegetable broth and stir it in to thin it out a bit.
7. Serve immediately and top with pumpkin seeds, croutons, and/or a dash of cinnamon.
8. Will keep for several days in the fridge.

Tips!

- You can prep the squash in advance and keep it in a container in the fridge or freezer until you're ready to make the soup.
- If you're watching your sugar intake, you can totally omit the brown sugar.
- If butter isn't your jam, you can use avocado oil instead when you sauté the onions.