

Butternut Squash Soup

Vitamins A, C, E and K are great reasons to eat this soup, but you will be getting fiber, potassium, magnesium, calcium and zinc too.

Serves: 4

Prep and Cook time: 60-70 minutes

Ingredients

- 2 tablespoons olive oil (or butter)
- 1/4 cup diced onion
- 1 large butternut squash
- 2-3 cloves garlic, minced
- 1/8 teaspoon ground nutmeg
- 6 cups vegetable stock (be sure to find a brand with no added sugar)
- Sea salt and pepper to taste
- 1 teaspoon maple syrup, optional

Directions

1. Preheat oven to 400 degrees.
2. Scoop out seeds from butternut squash.
3. Line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about ½ teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
4. Turn the squash face down and roast until it is tender and completely cooked through, about 40 to 50 minutes (don't worry if the skin or flesh browns—that's good for flavor). Set the squash aside until it's cool enough to handle, about 10 minutes.
5. Meanwhile, in a large soup pot, warm 1 tablespoon olive oil over medium heat until shimmering. Add the diced onion and 1 teaspoon salt. Cook, stirring often, until the onion has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently. Transfer the contents to your stand blender.
6. Scoop the butternut squash flesh into your blender. Discard the tough skin. Add the maple syrup-if using, nutmeg and a few twists of freshly ground black pepper to the blender.
7. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line.
8. Securely fasten the lid-I like to leave the lid cap off to allow steam to escape. Blend well till creamy.
9. If you would like to thin out your soup a bit more, stir in the remaining cup of broth.
10. Serve pureed soup warm.

Mary-Beth says: "A bowlful of the creamy soup will warm your spirit on a fall or winter evening"