



## Roasted Butternut Squash Soup

*Starters*

**Prep Time:** 30 minutes **Cook Time:** 1 1/2 hours **Total Time:** 2 hours **Difficulty:** Easy **Servings:** 10

### INGREDIENTS

- 1 sweet onion
- 2 medium-sized butternut squashes (approximately 4-5 lbs.)
- 1 quart of low-sodium vegetable stock
- 1 pint heavy cream
- 1 1/2 tablespoons of olive oil for roasting
- 1/2 tablespoon of olive oil for sweating
- 1/2 tablespoon of butter
- 1/2 teaspoon of salt for roasting
- 1/4 teaspoon of salt for the onion
- 1/4 teaspoon of black pepper

Nutmeg (optional)

Cinnamon (optional)

### DIRECTIONS

Peel the butternut squash and then cut them in half, lengthwise, and scoop out the seeds with a spoon. Chop them into squares about 1/2" to 3/4". Coat them with the olive oil and sprinkle evenly with the salt and pepper. Roast at 425°F for 45 minutes turn the squares over halfway through the roasting time. Set aside and let cool. While the butternut squash is roasting, peel and coarsely chop the onion and set aside.

Once the squash is done roasting, add butter and oil to a sauté pan and sweat the onion over medium heat, taking care not to brown or caramelize them. Season with a healthy pinch of salt, about 1/4 teaspoon. When the liquid from the onion has cooked off, add the squash. Stir and cook for about 3-4 minutes.

Add the vegetable stock taking care to leave room for the cream. Simmer for about 5 minutes. Add the cream and turn the heat down to low; cook covered for 30 minutes - until the squash is totally cooked through. Transfer the mixture to a blender and purée until smooth. This may take a couple of batches. Season to taste with additional salt and pepper, and serve.

Additionally, you can add spices such as cinnamon and nutmeg to taste. If so, I recommend adding fresh ground nutmeg and cinnamon, if possible.

### NOTES

Options for serving include adding a dollop of sour cream to the top of the soup, adding a teaspoon of roasted and shelled pumpkin seeds, or a few candied pecans.