

Butternut Squash Soup

Ingredients

- 1 medium butternut squash (about 2–3 lbs), peeled, seeded, cubed
- 1 large onion, chopped
- 3 garlic cloves, peeled
- 3 tbsp extra virgin olive oil
- 4 cups chicken or vegetable broth
- 1/2 cup heavy cream or coconut milk (optional)
- 1/2 tsp ground nutmeg or cinnamon
- Salt and freshly ground black pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C). Toss squash cubes, onion, and garlic with extra virgin olive oil, salt, and pepper until well coated, then spread evenly on a baking sheet and roast for 25–30 minutes until tender and caramelized.
2. Transfer roasted vegetables to a large pot or Dutch oven, add the broth, and bring to a gentle simmer for 10 minutes.
3. Blend the soup with an immersion blender until smooth and creamy, or carefully blend in batches in a blender.
4. Stir in the cream or coconut milk if using, then season with nutmeg, salt, and freshly ground black pepper.
5. Ladle into bowls and serve warm with bread or toppings you enjoy.

Note & Storage

- Add a splash of apple cider before blending for extra depth.
- Stir in a pinch of cayenne or red pepper flakes for gentle heat.
- Pairs well with grilled cheese, focaccia, or a simple salad.
- Store in the fridge up to 4 days. Reheat gently on the stove.
- Freeze in portions up to 2 months. Thaw in the fridge overnight before reheating.