

Creamy Butternut Squash Soup

Ingredients/Shopping List

- 1 tablespoon and 1 teaspoon olive oil
- 2 lbs butternut squash (1 whole squash or pre-cut fresh/frozen)
- 1 carrot peels and chopped
- 1 large shallot bulb chopped
- 1 celery stock chopped
- 1 granny smith apple peeled and chopped
- 1 tsp fresh ginger minced
- 3-4 cloves garlic minced
- 1 tablespoon chopped fresh sage leaves (1 ½ teaspoon dried sage)
- 3 cups vegetable broth
- 1 can (15 oz) light coconut milk
- 1 tsp salt, ½ tsp pepper (divided)
- Pinch of cinnamon and nutmeg to taste

Instructions

1. Preheat oven to 425. If roasting the butternut squash whole: cut in half and remove seeds. Brush the teaspoon of olive oil over the insides of the 2 halves, and sprinkle with ½ tsp salt and ¼ tsp pepper. Place on a foil or parchment lined pan cut side down. Also toss carrot with olive oil and add to the baking pan. Roast until tender about 40-50 minutes.

*If using pre-cut squash, toss the squash and carrot with olive oil, salt and pepper. Lay out the veggies on a foil or parchment lined pan and roast until tender about 30-40 minutes.

2. Add a tablespoon of olive oil to a medium/large cook pot. Sautee shallot until it become soft and translucent about 5 minutes. Add garlic, ginger, celery, apple, and herbs/spices. Sautee for another 1-2 minutes. Then add the squash, carrot, and broth. Bring to a gentle simmer and cook covered until apples are tender, about 10 minutes.
3. Puree the soup until smooth. Either transfer in batches to a food processor or blender, or use an immersion blender in the cook pot.
4. Stir in coconut milk. Return soup to a gentle simmer and cook on low heat until well heated through, about 5-10 minutes. Season with remaining ½ teaspoon of salt and ¼ teaspoon of pepper.

*For the teaching kitchen: squash and carrot will be roasted ahead of time. You can also do this step in advance when making the soup at home.