

Roasted Butternut Squash Soup

Makes: 6-8 servings

Total Time: 1 hour

Ingredients

- 1 large butternut squash, about 3 lbs., halved vertically and seeded
- 1 tablespoon olive oil, plus more for drizzling
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 teaspoon salt
- 1 sprig fresh sage, chopped
- 4 garlic cloves, minced
- 1 teaspoon maple syrup
- 1/8 teaspoon ground nutmeg
- Freshly ground black pepper
- Up to 4 cups vegetable broth
- 1/2 cup unsweetened coconut milk (optional)
- 2 tablespoons butter (use olive oil to make vegan)

Directions

Preheat the oven to 425°F and line a rimmed baking sheet with parchment paper. Place the squash on the baking sheet and drizzle each half with olive oil. Rub the oil all over and sprinkle with salt and pepper.

Turn the squash cut side down and roast until tender and completely cooked through, about 45-50 minutes. Remove from oven and set aside to cool about 10 minutes. Then use a large spoon to scoop the flesh into a bowl and discard the skin.

Meanwhile in a large soup pot, warm 1 tablespoon olive oil over medium heat until shimmering. Add the diced onion, carrot and 1 teaspoon salt. Cook, stirring often, until the onion and carrot have softened, 4-5 minutes. Add the sage and garlic and cook until fragrant, about 1 minute.

Transfer onion mixture to your blender and add squash flesh, maple syrup, nutmeg and a pinch of pepper. Add 3 cups broth, making sure not to fill past fill line. Securely fasten the lid and blend until the soup is creamy and smooth.

Add 1/2 cup coconut milk (if using) and 2 tablespoons butter (or olive oil for vegan) and blend again.

If the soup is too thick, add more broth until it reaches the consistency you desire. Taste and adjust salt and pepper as necessary.

Serve immediately with your desired garnishes and enjoy!

