



Butternut Squash Soup



Prep Time: 15 Min Cook Time: 45 Min Serves: 6

Ingredients:

- 1 large butternut squash
- 1 white onion, chopped
- 4 cloves garlic, minced
- 2 sprigs of sage
- 1 apple, chopped
- 1 carrot, shredded
- 2 cups low sodium vegetable stock
- ½ tsp salt
- ¼ tsp black pepper
- ⅛ tsp cayenne
- ¼ tsp ground cinnamon
- pinch of nutmeg
- ½ cup whole milk or milk alternative
- 1 Tbsp olive oil for cooking

Instructions:

1. Preheat oven to 425° F
2. Cut butternut squash in half lengthwise and scoop out the seeds.
3. Poke a few holes in the outer skin and roast, flesh side down for 45 minutes, until the flesh is easily pierced with a fork.
4. While the squash is roasting, heat a pan over medium heat, add oil and saute onions for 5 minutes. Add garlic and sage and saute for another minute.
5. Add the apples, carrots and seasoning into the pan and continue to saute for 2-3 minutes.
6. Add 1 cup of stock and cook for 10 minutes, stir occasionally.
7. Add contents of pan into a blender. Carefull, this will be very hot!
8. Scoop the butternut squash flesh into the blender, add remaining stock and blend until smooth. You can do this in batches if your blender is small.
9. Stir in milk and serve with home-made corn bread!

Did you know?

Butternut Squash are packed with vitamins and minerals!