

Roasted Butternut Squash Soup

7 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (200°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Bake in the oven for 45 minutes or until tender.
2. Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
4. Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer.
5. Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls. Enjoy!

Notes

Leftovers

Refrigerate for up to four days. Freeze for up to three months.

More Protein

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

Frozen/Ready Prepared Butternut Squash

If you are using frozen or ready prepared butternut squash, just roast in the oven for about 30 minutes, until soft.

Ingredients

- 4 cups Butternut Squash
- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Yellow Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Vegetable Broth
- 2 tsps Sea Salt (divided)