RECIPE

Butternut Squash Soup

A smooth butternut squash soup for a cold dinner, made without cream and sweetened with carrot and apple and seasoned with sage and ginger.

MAKES

6 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 1 large carrot, chopped
- [ ] 3 garlic cloves, minced
- [ ] 1 medium apple, peeled and chopped
- [ ] 3 lb butternut squash, peeled and cut in 1-inch cubes (about 8 cups)
- [ ] 5 cups no-salt-added vegetable broth
- [ ] ½ tsp rubbed sage
- [ ] ½ tsp ground ginger
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 tsp cider vinegar

Method

1. Set a big pot on medium and warm the oil. Add the onion and carrot and stir for 6 minutes, until the onion is soft.
2. Stir in the garlic, apple, sage and ginger. Cook 1 minute.
3. Add the squash, broth and salt. Bring to a boil, then turn down to a gentle simmer, cover, and cook 25 to 30 minutes, until a cube mashes against the side of the pot.
4. Take the pot off the heat and let it cool 5 minutes. Blend until smooth, in batches if you need to, holding the lid down with a towel. An immersion blender works right in the pot.
5. Stir in the pepper and the vinegar. Taste, and add salt if it needs it. If it is too thick, stir in a splash of hot water.

6 Serve hot. Cool leftovers within 2 hours, then refrigerate or freeze. Reheat to a boil, stirring.