

BUTTERNUT SQUASH SOUP

PREP TIME: ~90 MINUTES

Ingredients:

1 medium/large butternut squash
olive oil
salt & pepper
1 medium onion
1-2 tbsp butter
unsweetened apple sauce
veggie broth (boxed or concentrated)



Directions:

Preheat oven to 400F. Cut your squash in half from stem to base, and scoop the 'guts' out. Place face up on a oven-safe baking sheet. Lightly coat the exposed squash with olive (or other) oil. Sprinkle with salt and pepper. Cook for 1 hour, or until the squash is soft (test with a fork periodically).

While the squash is baking, dice and sauté a medium onion (any kind) in butter.

Allow the squash to cool slightly so that you can peel the skin off it. It should come off without too much struggle.

Combine squash, sautéed onion, and enough broth to cover the squash in a pot. You can also add some water if you don't have enough broth. Do not add too much liquid (more can be added later if the soup is too thick). Use a hand blender to purée everything. Add unsweetened apple sauce to the soup to sweeten it.

You can simmer the soup if desired but I find that the flavour is already there because the squash has already been cooked!