

Roasted Butternut Squash Soup

Ingredients	Instructions
<ul style="list-style-type: none"> • 1 butternut squash, halved vertically, seeds removed (about 3 lbs) • 1 small yellow onion, chopped • 4 garlic cloves, finely diced • 3 cups vegetable broth, more to thin soup (or chicken broth) • 1/8 tsp nutmeg, ground • 1 tsp maple syrup (or honey) • 1-2 tbsp butter, to taste • 1 tbsp olive oil, more to drizzle • 1 tsp salt, more to taste • Pepper, to taste and garnish • Fresh sage, rosemary or parsley (optional, for garnish) 	<ol style="list-style-type: none"> 1. Preheat: Preheat oven to 425°F (220°C). Brush inside of squash halves with olive oil, sprinkle with salt and pepper. Place cut side down on a rimmed baking sheet lined with parchment paper. 2. Roast Squash: Roast until tender and easily pierced with a fork, (about 40–50 minutes). Set aside to cool for easy handling, (at least 10 minutes). 3. Sauté Onion: In a large soup pot with olive oil over medium heat, sauté onion and salt. Cook until onion is soft and translucent, (about 5-8 minutes). Add garlic, cook until fragrant, (about 1 minute). 4. Combine: Scoop the roasted squash out of the skin, add to pot. Add maple syrup, nutmeg, and a pinch of pepper. Pour in broth. 5. Blend: Use an immersion blender (or transfer to a stand blender) to puree until smooth and creamy. Taste and adjust flavor and consistency as desired, adding more broth to thin. Add butter to taste. Blend well, add salt and pepper to taste. 6. Serve: Ensure soup is heated through before ladling into bowls, garnish with fresh herbs (sage, rosemary, parsley), and/or pepper as desired, serve warm.