



FOOD THERMOMETER

Roasted Butternut Squash Soup

This heartwarming soup is perfect for a cold winter day. Use our recipe for roasted butternut squash to prep squash before pureeing it with chicken broth.



PREP TIME
15 minutes

COOK TIME
30 minutes

SERVINGS
4-6

Ingredients

- 2 lbs roasted butternut squash (from separate recipe)
- 1 yellow onion, roughly chopped into 1-inch pieces
- 1 garlic clove, peeled and crushed
- 2 teaspoons fresh sage, chopped
- ¼ teaspoon ground nutmeg
- 3 cups chicken stock
- 2 tablespoons butter
- ½ teaspoon salt
- Freshly ground black pepper
- 6 tablespoons plain Greek yogurt
- Croutons or toasted pumpkin seeds for garnish

Tools

- June Pan
- Chopping board
- Knife
- Measuring spoons
- Pot
- Blender/ immersion blender

Method

- 1** Melt butter in a large pot over medium heat. Add onion, garlic, sage, salt and saute until soft but not caramelized.
- 2** Add the roasted butternut squash nutmeg and chicken stock, stirring well to combine. Bring to a boil over medium-high heat and then reduce to a simmer. Cover and let simmer for about 15 minutes.
- 3** Blend the vegetables in batches until very smooth. Transfer back to the pot and reheat to check for seasoning.
- 4** Ladle soup into bowls and top each bowl with a spoonful of plain Greek yogurt, freshly ground pepper and either croutons or toasted pumpkin seeds for garnish.