

For the love of Squash

Butternut Squash Soup

Servings: 6

Ingredients:

2	Butternut squash (4 1/2 lbs.)
2 Tbsp	Canola or olive oil
2 Cups	Onions, diced finely
1 Tbsp	Brown sugar
2 Tsp	Fresh ginger, minced
1/2 Tsp	Cinnamon
2 Cloves	Garlic, minced
5 Cups	Sodium-reduced vegetable broth

Directions:

1. Preheat oven to 375°F.
2. Cut squash in half and brush on cut side with oil. Place cut side up on a baking sheet or glass baking dish and bake for ~50 min.
3. Once cooked remove from oven and allow to cool. Remove skin with paring knife and cut into small cubes.
4. On stove top, medium-low heat, in a large pot, sauté onions, brown sugar, ginger, garlic and cinnamon with oil. You might have to add a little broth to ensure nothing burns.
5. Add squash and remaining vegetable broth and bring to a boil; reduce heat to low and allow to simmer for 10-15 min.
6. Using emersion blender puree contents until smooth. You can add a little more broth or water to make it thinner if need be.

Suggestions:

This soup is light and delicious.

It would go nicely with a chicken sandwich or wrap.

