

BUTTERNUT SQUASH SOUP

Prep Time: 15 mins Cooking Time: 40-45 mins Servings: 5-6



INGREDIENTS

- 1 quart carton chicken stock
- 2 medium butternut squash, halved and deseeded
- 2 medium yellow onions, diced
- 3 garlic cloves, minced
- 3 cups water*
- 15 oz can of coconut cream
- 1 tablespoon salt*
- 1/2 tablespoons black pepper*
- 1-2 tablespoons olive oil*
- 1 tablespoon balsamic vinegar*
- 3-4 springs thyme (optional)
- Red pepper flakes (optional)

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

- 1. Preheat Oven and Roast Squash :** Preheat oven to 400. Cut butternut squash in half lengthwise. Remove seeds and membrane with a spoon and discard. Drizzle inside of squash with olive oil, sprinkle with salt, and place flesh-side-down, flat on a baking sheet. Place in the oven to roast until squash can easily be pierced with a fork, about 30 minutes.
- 2. Prepare and Sauté Onion :** Peel yellow onions and dice. Heat up a soup pot on medium-high heat. Add olive oil, toss in onions, and let cook for 5-6 minutes, stirring often, until they're translucent and starting to brown.
- 3. Cook Garlic and Deglaze Pot :** Peel cloves of garlic and mince. When the onions are done, toss in minced garlic. Cook garlic for 1-2 minutes, stirring continuously to prevent the garlic from burning. Pour in a couple of tablespoons of the chicken stock into the pot and stir around. (*Helpful Hint: Deglazing a pan after sautéing onions and garlic will help to remove anything that may be stuck to the bottom which will incorporate those flavors back into the soup and make cleaning up easier.*)
- 4. Add Stock and Seasoning :** Add in the remainder of the stock, 3 cups of water, salt, pepper, balsamic vinegar, and thyme (optional). Reduce heat to low.
- 5. Add Squash and Bring to Boil :** Once squash is roasted, let cool until you can handle them. Remove the flesh from the outer skin by scooping out with a spoon. Place all the chunks of squash into the stock pot. Once all the squash is in the pot, cover and bring contents to a boil.
- 6. Simmer and Blend :** Once a boil is reached, pot can be reduced to medium heat. Add coconut cream to the soup. Using a hand immersion blender, puree the contents of the pot until smooth (you can also do this by adding small amounts at a time to a food processor—or mash with a spoon)
- 7. Adjust Consistency and Seasoning :** If soup is too thick add a bit more water, or if too thin, simmer the soup to reduce it. Add more salt, pepper, or vinegar to taste if needed.

> Freezing soups are a great way to save some for later and have an easy meal on hand.

> Soup is great topped with some balsamic glaze (reduction).

> Great served with red pepper flakes and fresh thyme.

> I found that the soup needed more salt and vinegar once it was finished cooking, but it varies based on personal preference

> Seeds that are scooped out of the squash can be dried and roasted to make a great snack.

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