

ROASTED BUTTERNUT SQUASH SOUP



INGREDIENTS

- | | |
|--|------------------------------|
| 1 butternut squash | 1 tbsp. butter |
| 1 tbsp. olive oil | 3 cups vegetable broth |
| 2 garlic cloves | 1 1/2 tsp. salt |
| 2 sprigs of thyme | 1/4 tsp. black pepper |
| 1 large onion, chopped | 2 cups water |
| 1/3 cup heavy cream | 2 tbsp. fresh herbs, chopped |
| 2 granny smith apples, cored and chopped | |

DIRECTIONS

- Preheat the oven to 425 degrees fahrenheit. Line a baking sheet with aluminum foil. Cut the butternut squash in half. Place the squash cut side up on the lined baking sheet. Brush the squash with 1 tbsp. of olive oil and season very generously with salt, pepper, garlic cloves and thyme. Roast the squash in the preheated oven for about 50-60 minutes or until it is tender. A knife inserted in the flesh should slide through easily. Remove from the oven and set aside.
- Meanwhile, chop the apples and the onion. In a large pot melt 1 tbsp. butter over medium heat. When it is hot, add the apples and the onion. Stir in the chopped fresh herbs and cook over medium heat until soft (about 7-10 minutes).
- Use a spoon to scoop the flesh of the butternut squash into the pot with the apples and the onion and throw away the skins. Add the broth and the water along with 1 1/4 tsp. salt and 1/4 tsp. of pepper. Bring to a boil over medium heat. Reduce the heat to medium low and simmer for about 15-20 minutes. Using a spoon, break up any large pieces of squash.
- Turn off the heat and stir in the heavy cream. Blend the soup using an immersion blender and enjoy!