

# Butternut Squash Soup

## Instructions

1. Preheat the oven to 425 degrees.
2. Toss the butternut squash cubes and onion pieces with 1 tablespoon of olive oil, then spread out evenly on a baking sheet. Roast for 20-30 minutes or until tender.
3. About 5 minutes before the vegetables are done roasting, add 1 tablespoon of olive oil to a stock pot over medium heat. Add the diced carrots and let cook for about 5 minutes, stirring occasionally, until the carrots start to soften. Add the garlic, roasted butternut squash and onion, the entire can of diced tomatoes, and vegetable or chicken stock. Stir well before adding the cannellini beans, sage, and thyme. Bring the soup to a simmer and let cook for 15-20 minutes.
4. Once the soup has simmered, remove it from the heat and purée the soup using an immersion blender or stand blender. Stir in the apple cider vinegar, and then add the heavy cream or cream alternative. Add salt and pepper to taste before serving.

## Ingredients

- 16 oz of butternut squash, cubed
- 1 yellow onion, peeled and quartered
- 2 tbsp of olive oil, divided
- 2 small carrots, diced
- 2 cloves of garlic, chopped
- 1 (14.5 oz) can of diced tomatoes
- 1 (32 oz) carton of vegetable or chicken stock
- 1 (15.5 oz) can of cannellini beans, drained
- ½ tbsp of fresh sage, chopped
- 3 springs of thyme
- ½ tsp of kosher salt
- ¼ tsp of black pepper
- ½ tbsp of apple cider vinegar
- 2 tbsp of heavy cream

## Grocery List

### Canned Goods/Grocery

- Olive oil
- Diced tomatoes
- Vegetable or chicken stock
- Cannellini beans
- Apple cider vinegar
- Heavy cream
- Salt and pepper

### Produce

- Butternut squash
- Yellow onion
- Carrots
- Garlic
- Sage
- Thyme