

Butternut Squash Soup

Cooking Instructions

1. Preheat oven to 425°F.
2. Toss the butternut squash cubes and onion pieces with 1 tablespoon of olive oil. Spread out the vegetables evenly on a baking sheet. Roast for 20-30 minutes at 425 degrees or until tender.
3. About 5 minutes before the butternut squash and onion are done, heat the other tablespoon of olive oil over medium heat in a stock pot. Add the diced carrot and let it cook about 5 minutes or so, stirring occasionally, until the carrot starts to soften. Add the garlic, roasted butternut squash, roasted onion, diced tomatoes (plus the juice from the can), and stock. Give it all a good stir and then add the cannellini beans, sage, and thyme leaves. Bring the soup to a simmer and let it all cook together for 15-20 minutes.
4. Once the soup has simmered, remove it from the heat and puree it using an immersion blender or stand blender. Stir in the apple cider vinegar—don't skip this as the vinegar adds a nice acidic brightness to the soup!—and then add the heavy cream or cream alternative.

Recipe

- 16 ounces cubed butternut squash
- 1 yellow onion, peeled and quartered
- 2 tablespoons olive oil, divided
- 2 small carrots, diced
- 2 cloves of garlic, chopped
- 1 (14.5-ounce) can diced tomatoes, plus juices
- 1 (32-ounce) box vegetable/chicken stock
- 1 (15.5-ounce) can cannellini beans, drained
- 1/2 tablespoon fresh sage, chopped
- Thyme leaves from 3 sprigs
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 tablespoon apple cider vinegar
- 2 tablespoons heavy cream/alternative product

Grocery List (add optional toppings to list as desired)

Produce

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

- Thyme

Canned Goods/Grocery

- Olive oil
- Dice tomatoes
- Cannellini Beans

- Apple Cider Vinegar
- Heavy Cream