

## INGREDIENTS

- 1 butternut squash
- 1 carton chicken or vegetable broth
- 1 onion
- a little vegetable oil, or butter
- 1 tbsp sage
- 1 tsp ginger
- ½ tsp thyme
- Salt and Pepper to taste
- Optional – small splash of white vinegar (the acid helps to bring out the other flavours)

## INSTRUCTIONS

- Cook the squash (see note to right)
- Peel and chop the onion
  - Peel and grate the ginger
  - Using a large pot, sauté the onion with enough vegetable oil or butter to coat the bottom of the pot.
  - Once the onion has started to brown, add the sage, ginger and thyme and continue to cook for 2 or 3 minutes, stirring constantly. (if using fresh sage chop the leaves into small pieces. If using fresh thyme remove stems before adding the leaves)
  - Allow to cool for a few minutes, then scrape the onion and herb mixture into a blender or food processor, add a bit of the squash, and pour in enough broth to help it blend. Puree until smooth, then pour back into the pot.
  - Working in batches, puree the rest of the squash, adding in enough broth to help it blend. Add all pureed squash into the pot, along with the rest of the broth.
  - Bring soup up to a simmer, add salt and pepper to taste, and a splash of vinegar if desired. Simmer for 10-15 minutes, then serve



## Butternut Squash Soup

To cook squash:

If roasting:

- Cut into quarters and scoop out the seeds (save your seeds – see note at the bottom)
- Rub sections of squash with a little vegetable oil or butter
- Season with salt and pepper
- Place in an oven at 350 degrees, until it feels soft when poked with a knife (about an hour, depending on the size of your squash)

If boiling:

- Peel the squash with a knife or vegetable peeler. Be sure to keep peeling until you have removed the green strings just underneath the rind.
- Cut into cubes, removing seeds (save your seeds, see note at the bottom)
- Place cubes of squash in a pot, with enough water to cover the cubes
- Boil until it feels soft when poked with a knife

### TO SERVE:

This soup is fantastic with some toasted squash seeds or croutons on top. You can also add a cooked grain such as barley, rice or wild rice. To include some protein, you can add cooked chickpeas, lentils or beans.

To make the soup creamier, add some coconut milk, regular milk or cream, or top soup with a spoonful of sour cream or plain yogurt. NOTE: if you are planning to do this, do not use vinegar.