

Curried Butternut Squash Soup

This butternut squash soup recipe has wonderful fall and winter flavors. It is vegan friendly (just omit the optional crème fraiche). It's easy to prepare, and the sweet and savory qualities of the butternut squash shine.

Ingredients

- 2 tbsp olive oil
- 1 large yellow onion, (approx. 1.5 cup)
- 1 stalk celery, chopped
- ½ tsp salt
- 1/8 tsp black pepper
- ½ cup dry white wine
- 1 butternut squash, cubed and roasted
- ½ tsp ground white pepper
- ½ tsp curry powder
- 6 cups vegetable stock
- drizzle of crème fraiche for garnish (optional)
- toasted pumpkin seeds for garnish (optional)

Instructions

1. Melt the butter in a soup pot over medium heat, then add the onion, celery, salt, and pepper, and cook for 10 minutes, until the onions are soft.
2. Add the white wine and cook until about half of the liquid has boiled away.
3. Add the roasted butternut squash, white pepper, curry powder and stock. Cook for at least 10 minutes.
4. Puree the soup, either using an immersion blender, or by cooling the soup slightly and blending in a blender (you will likely need to do this in batches).
5. Taste the soup, and see if it needs more seasoning. If you like some heat, as a bit of cayenne pepper.
6. Serve as is, or with a drizzle of crème fraiche and a few pumpkin seeds. Enjoy!

Notes

*I recommend roasting the butternut squash in cubes. Toss with a small amount of olive oil and roast them in a single layer on a baking sheet for 20-30 minutes at 400F. You can also roast the butternut squash in halves (seeds removed) and scoop out the soft flesh.

*I used Apolloni Estate Chardonnay as the white wine. But any bright, unoaked white wine will work.

*I like my soup on the thinner side, as I don't want to feel like I'm eating butternut squash puree in a bowl. If you like a thicker soup, you can start with 4 cups stock, puree it, then taste and add more stock as desired. I use high quality vegan bouillon cubes and boiling water for my stock.

*In lieu of crème fraiche, I often add whole milk to sour cream to make a nice liquid to drizzle. The sour cream or crème fraiche adds some nice tang against the sweetness of the butternut squash.