

Herbed Butternut Squash Soup

This butternut squash soup recipe features wonderful fall herbs that give a sense of Thanksgiving. It is vegan friendly. 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)
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 butternut squash, peeled and cubed (2.5-3 pounds)
- ¼ tsp ground white pepper
- 2 garlic cloves
- 1 Tbsp chopped fresh sage
- ½ Tbsp minced fresh rosemary
- 3-4 cups vegetable stock
- 1 tsp grated fresh ginger
- 2 tsp tomato paste

- Chopped parsley for garnish (optional)
- toasted pumpkin seeds for garnish (optional)

Instructions

1. Heat the oil in a large pot over medium heat. Add the onions, salt, black and white pepper and sauté until soft, 5 to 8 minutes
2. Add the garlic, sage, rosemary, tomato paste and ginger. Cook and stir for 30 seconds to 1 minute until fragrant.
3. Add the squash and 3 cups of broth. Cook until the squash is very tender, 20-30 minutes
4. Puree the soup using an immersion blender. Add more vegetable broth if the soup is too thick.
5. Taste the soup and see if it needs more seasoning. If your butternut squash is particularly sweet, you may want to add more salt, white pepper or tomato paste to balance the flavors. If you are not vegetarian, we also like a few drops of fish sauce to add to the savory notes.
6. Serve as is, or with chopped parsley and a few pumpkin seeds. Enjoy!

Adapted from Butternut Squash Soup on loveandlemons.com