

Roasted Butternut Squash Soup

Number of Servings: 6

Prep Time: 30 minutes

Cook Time: 40 minutes

Ingredients

1 large butternut squash or 4 cups pureed squash
1 carrot
1 medium onion or half large
1 leek, white portion only
2 Tbs butter or ghee
8 cups chicken or vegetable broth, preferably homemade
1 apple peeled and chopped
1 bay leaf
1-2 tsp honey or maple syrup
unrefined sea salt and fresh cracked pepper to taste.
snipped chives or parsley

And if you like, goat cheese or raw brie sliced with olive oil drizzle.

Instructions

Cut squash in half (leave seeds in) place cut side down on pan and bake at 350F until tender, about 45 minutes. Chop carrot, onion and leek into 1" pieces and place in a large pot. Saute in butter. Remove seeds* scrap the soft flesh from the butternut squash and add to the vegetable saute. Add chicken stock and bring to a soft boil. Reduce to a simmer and add apple, bay leaf and honey. Simmer uncovered for 40 minutes. Remove bay leaf and either mash with potato masher, blender stick or puree in blender. Season with salt and pepper.

Garnish with a few wedges of soft cheese, snipped chives or parsley and a drizzle of olive oil.
Delish!

*Clean off the seeds, then spread them back on the pan. Sprinkle with sea salt and a pinch of cayenne if you like. Roast at 350F for 30 min. or until seeds look toasty brown and dry. Store in air tight container. Great in salads or just as a snack.