

Butternut Squash Soup

Ingredients

- 2 large butternut squash
- 2 Tbsp extra virgin olive oil
- 2 tsp salt
- 1 tsp ground white pepper, divided
- 3 cups vegetable stock
- 4 Tbsp honey
- 1 tsp minced ginger
- 4 oz heavy cream
- $\frac{1}{4}$ tsp nutmeg

Directions

1. Preheat oven to 400°F.
2. Cut butternut squash in half lengthwise and remove seeds. Cut in half lengthwise again. Brush insides with olive oil and sprinkle with 2 teaspoons of salt and $\frac{1}{2}$ teaspoon of white pepper.
3. Place the squash, flesh side up on a sheet pan and roast for 35 minutes, or until the inside is soft.
4. Using a spoon, scoop the cooked squash into a large pot. Add vegetable stock, honey, and ginger. Bring to a boil. Remove and cool for 10 minutes.
5. Puree using an immersion blender or in small batches in a blender. Slowly add in cream.
6. Return puree to pot, season with remaining white pepper and nutmeg. Cook until thoroughly heated.

Handling & Storage

Store squash in a cool, dark place for up to a month. Once cut, wrap in plastic and refrigerate up to 5 days.

To prepare, rinse and cut lengthwise. Remove and discard the seeds. Peel skin if desired.

Nutritional Information

Calories: 405

Total Fat: 18.0 g

Saturated Fat: 7.6 g

Trans Fat: 0.0 g

Cholesterol: 39 mg

Sodium: 1300 mg

Total Carbohydrates: 65 g

Dietary Fiber: 14.3 g

Sugars: 27.7g

Protein: 5.1 g

Serves 4