

# BUTTERNUT SQUASH SOUP

Preparation: **10** minutes | Cooking: **55** minutes | Servings: **4**

## INGREDIENTS

*4 garlic cloves, pressed or minced*  
*1 large butternut squash (about 3 pounds), halved vertically and seeds removed*  
*3-4 cups (24 to 32 ounces) vegetable broth, as needed*  
*½ cup chopped shallot (about 1 large shallot bulb)*  
*1 to 2 tablespoons butter to taste*  
*1 tablespoon olive oil, plus more for drizzling*  
*1 teaspoon salt*  
*1 teaspoon maple syrup*  
*⅛ teaspoon ground nutmeg*  
*Freshly ground black pepper to taste*



## INSTRUCTIONS

Preheat oven to 425 degrees, and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan, and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about ½ teaspoon each). Rub the oil over the inside of the squash, and sprinkle it with salt and pepper. Turn the squash face down, and roast until it is tender and cooked through, about 40 to 50 minutes. Set the squash aside until it is cool enough to handle, about 10 minutes. Meanwhile, in a large soup pot, warm 1 tablespoon olive oil over medium heat until shimmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic, and cook until fragrant, about 1 minute, stirring frequently. Transfer the contents to your blender. Use a large spoon to scoop the butternut squash flesh into your blender. Discard the tough skin. Add the maple syrup, nutmeg and a few twists of freshly ground black pepper to the blender. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (work in batches if necessary). Fasten the lid securely. Blend on high (or select the soup preset, if available), being careful to avoid hot steam escaping from the lid. Stop once your soup is ultra creamy and warmed through. If you would like to thin out your soup more, stir in the remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil to taste, and blend well. Taste, and stir in more salt and pepper if necessary. If your soup is piping hot from the blending process, you can pour it into serving bowls. If not, pour it back into your soup pot and warm the soup over medium heat, stirring often, until it's ready.