

Roasted Butternut Squash Soup

Ingredients

- 1 (3lb) butternut squash
- 3-4 cups of vegetable stock
- 2 tablespoons of maple syrup
- 1 onion
- 3 garlic cloves
- Salt and pepper to taste
- 2 tablespoons of olive oil
- 1 tablespoon of butter



Instructions

1. Preheat oven to 425 °F.
2. Slice the butternut squash in half. Place a teaspoon of olive oil on each half. Salt and pepper each squash to taste. Place each squash half skin side up on a baking sheet. Bake for 50 minutes. Let squash cool down for 10 minutes.
3. Roughly dice one onion and sauté on medium heat for 5 minutes with 1 tablespoon of olive oil. Chop 3 garlic cloves, add them to the onions, and sauté for 1 minute.
4. Scoop out the butternut squash. Place the squash and vegetable stock into the blender with the sauteed onions and garlic. Blend until smooth. This will take about 3-4 blend cycles total.
5. Add blended mixture to a pot and warm the soup. Add 2 tablespoons of maple syrup and salt to taste. Add 1 tablespoon of butter. Warm soup until it reaches desired consistency.