

Butternut Squash Soup

Prep Time: 10minutes mins

Cook Time: 35minutes mins

Total Time: 45minutes mins

Serves 6

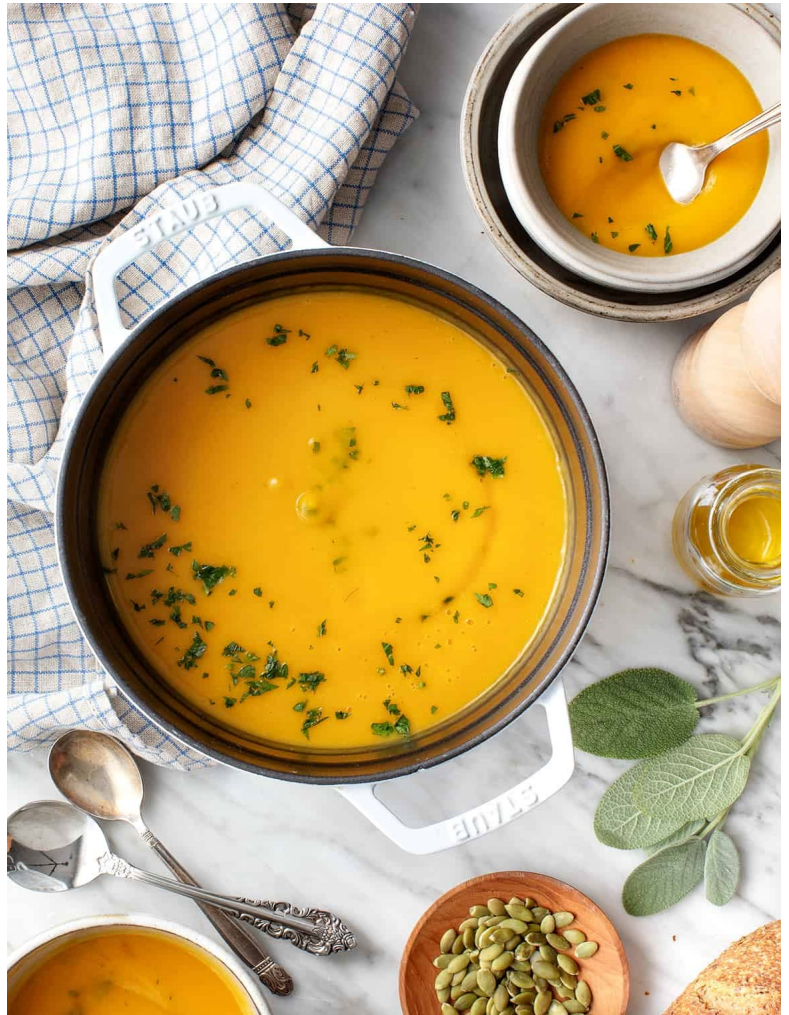
This vegan butternut squash soup is the ultimate fall comfort food! Store it in the fridge for up to 4 days or freeze it for up to a few months.

Equipment

- 5.5-Quart Dutch Oven (I personally use the Staub Cocotte)
- Blender (I've used my trusty Vitamix for years)

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper



For Serving

- Chopped parsley / Toasted pepitas / Crusty bread

Instructions

Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer.

Cook until the squash is tender, 20 to 30 minutes.

Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.