

BUTTERNUT SQUASH SOUP

INGREDIENTS

- 4 lbs** Squash (Butternut) (2 medium) (cut in 1/2 lengthwise) (seeds removed)
- 2 T** Earth Balance margarine for baking **OR** non-stick cooking spray
- Garlic Spray

- 8 oz** Apple (Granny Smith) (medium) (core) (peel) (medium dice)
- Small** Onion (yellow) (medium dice)
- 8** Sage leaves
- 2 1/2 C** Vegetable broth (low sodium) (Trader Joe's has the most depth)
- 2 1/2 C** Water
- 1 1/2 t** Kosher salt
- 1/4 t** Black pepper
- 1/4 t** Garlic powder

- 1/3 C** Almond Milk
- 1 T** Extra virgin olive oil
- 1 T** Quinoa flour

- 1/2 C** Pumpkin Seeds (toasted)(for a garnish) (optional)



DIRECTIONS

- 1 Heat the oven to 425°F & line a baking sheet with aluminum foil
- 2 Place the squash pieces cut-side up on the baking sheet
- 3 Melt 1 T of the margarine & brush all of it over the tops & insides of the squash halves
OR just wear 'gloves' & spray all sides & insides with the non-stick cooking spray
- 4 Spray squash with the garlic spray
- 5 Roast until knife tender (50 minutes - 1 hour)
- 6 Place the baking sheet on a wire rack so squash will cool
- 7 Melt 1 T of the margarine **OR** spray the non-stick cooking spray in a large sauce pan
- 8 Add apple, onion, sage, salt & pepper & cook at a medium high heat stirring occasionally (7 minutes)
- 9 Remove the pan or pot from the heat & set aside
- 10 Scoop the flesh out with a large spoon & place it in a 5 qt soup pot & discard the squash skins
- 11 Add the apple onion mix, broth, water, salt, pepper, garlic powder & stir to combine
- 12 Bring to a boil over a medium-high heat & then reduce to medium-low & simmer stirring often & breaking up any large pieces of squash until the flavors melt (approximately 15 minutes)
- 13 In a separate 1 qt pot, add the 1 olive oil & quinoa flour to make a roux by adding the almond milk & stirring until you have a thicker sauce (roux)
- 14 Add the roux to the squash soup & mix thoroughly
- 15 If you have an immersion blender, use it to smooth out the soup
- 16 If using a blender, purée the soup in batches until smooth, removing the small cap from the blender lid & covering the space with a towel so the steam will escape & prevent the lid from popping off
- 17 Check the seasoning & add to your taste
- 18 If desired, serve garnished with the pumpkin seeds

