

Recipe for: Butternut Squash Soup

Ingredients:

1 medium butternut squash (about 2 lbs.)
1 medium onion, chopped (1 cup)
1 Tbsp. fresh ginger, grated
3 cups chicken or vegetable stock (organic if possible)
1-2 cups water, as needed
1 Tbsp. fresh sage
1 Tbsp. fresh thyme
Olive oil (you may also want to use coconut oil)

Preparation:

Pre-heat oven to 400°.

Cut butternut squash in half lengthwise and scoop out seeds.

Season with salt, pepper and fresh thyme.

Coat roasting pan with oil and arrange seasoned squash (cut side down) and roast.

Bake for 40-45 minutes or until tender.

Once ready, remove and cool.

Meanwhile, heat 2 cups of stock.

Sauté onion and ginger over medium heat for about 5 minutes or until the onion is tender.

Add onion and ginger to the warming stock and simmer.

When squash is cooked, scrape the pulp from the skin and add to the broth.

Transfer to a food processor or blender and puree in batches with chopped sage until smooth. Add more stock to achieve desired consistency.

Season with salt and pepper to taste.

This recipe takes a little preparation and although the entire cooking process doesn't take long, doing some work in advance is helpful.