



Roasted Butternut Squash Soup

Ingredients

- 1 butternut squash, peeled, halved lengthwise and seeded
- 1 medium onion, chopped
- 1 large carrot, peeled and chopped
- 1 tart apple, peeled and chopped in chunks
- 3 garlic cloves, peeled and chopped
- 4 cups vegetable broth
- 3 to 4 Tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cayenne pepper (optional)

Directions

1. Preheat oven to 400 ° F. Line a rimmed baking sheet with tinfoil. Place squash on pan and lightly coat inside of each half with oil. Turn the squash inside down and roast for 40 minutes or until tender. Scoop out the tender squash in a bowl and set aside. Discard the skin.
2. Heat 3 Tablespoons of oil in a large soup pot over medium heat. Add onion, stirring occasionally for 2 minutes, then add garlic, carrot and apple, stirring occasionally until slightly tender.
3. On medium-low heat, add broth and squash, stirring occasionally for 30 minutes. Stir in seasonings. Use an immersion blender to purée the soup. *Optional:* As a garnish, add peppitas (pumpkin seeds).