

BUTTERNUT SQUASH AND SWEET POTATO SOUP

INGREDIENTS

2 tablespoons oil or butter
1 large yellow onion, chopped
½ teaspoon salt
¼ teaspoon black pepper
3 pounds butternut squash, peeled, seeded, and cut into cubes (roughly one squash)

2 sweet potatoes, peeled and cut into cubes
2 garlic cloves, diced
1 teaspoon dried thyme
1 teaspoon dried rosemary
3 to 4 cups stock - chicken or vegetable

INSTRUCTIONS

1. Heat the oil or butter in a large pot over medium heat. Add the onion, salt, and black pepper. Sauté until the onions are soft, about 5 minutes. Add the garlic, thyme, and rosemary. Mix well and then add the butternut squash and sweet potatoes.

2. Stir and cook for 30 seconds, until fragrant, and then add enough stock to cover the vegetables. Bring to a boil, and then reduce heat to medium/low. Cook until the vegetables are tender, 20 to 30 minutes.

3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If the soup is too thick, add up to 1 cup more broth and blend.

Chef's Tips:

- Substitute regular potatoes, carrots, or parsnips for the sweet potatoes, or make the soup entirely out of butternut squash.
- Mix up the seasonings to change the flavor of the soup. Sage, ginger, nutmeg, cinnamon, and spice blends like garam masala or berbere all go well with the sweet flavor of the squash.
- Substitute heavy cream or coconut milk for 1 cup of the stock for a creamier soup.

