

Roasted Butternut Squash Soup

Ingredients: *serves 4-6*

2 Lb. butternut squash
2 onions
4 cloves of garlic
1 jazz apple (or other crisp apple)
1 small sweet potato
4 cups organic low sodium vegetable stock
Salt to taste (I used white truffle salt)
1/2 tsp Chili Powder
1/8 tsp Chili Pepper
2 Tbs Extra Virgin Olive Oil (EVOO)

Parmesan cheese and sour cream for garnish.



Directions:



Preheat oven to 400°F

Cut butternut squash in half lengthwise, scoop out the seeds, and peel off the skin.

Cut the onions into quarters. Clean 4 cloves of garlic leaving them whole. Peel and cut the apple into chunks. Peel and cut the sweet potato into chunks.

Add all the vegetables to a roasting pan. Season with Chili powder, Chile Pepper, Salt, and EVOO. Mix to coat the vegetables. Roast in oven for 40-55 minutes or until fork tender.

When vegetables are cooked, remove from oven and put into a stock pot. Add vegetable broth. Use an emersion mixer to puree the soup.

You can also use a food processor, but the emersion mixer is easier to me. Heat the soup to desired temperature on the stove.

Serve with a sprinkling of parmesan cheese, a dollop of sour cream, and a touch of oregano for color.

Enjoy!