

Butternut Squash Soup



Servings: 8

2 butternut squash, cut in half and seeded

1 onion, sliced

1 apple, cored and sliced

1/4 cup unsalted butter

4 cups vegetable stock

1 cup half and half

1/2 teaspoon fresh sage, sliced

1 pinch ground cinnamon

1 pinch salt

1 tablespoon maple syrup

Cut the top and bottom off your butternut squash. Cut in half and remove the seeds.

Place your squash cut side down on a baking tray lined with parchment paper. Place in a 375°F oven for 40 minutes.

Let your squash cool to room temperature.

In a large sauce pan melt the butter over a medium-high heat.

Add the onion and apple. Cook until softened about 5 minutes.

Add vegetable stock, half and half, sage, cinnamon, salt, and the butternut squash cut into cubes.

Bring the soup up to a boil and remove from the heat.

With a hand blender blend the soup until smooth.

Stir in the maple syrup.

Serve

Per Serving (excluding unknown items): 139 Calories; 9g Fat (57.6% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 26mg Cholesterol; 367mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 62mg Calcium; trace Iron; 244mg Potassium; 52mg Phosphorus. Exchanges: .