



SFC's Veggie Guide: Easy Butternut Squash Soup

This is a simple, filling, and delicious recipe that you can make using any winter squash you've frozen at home! Enjoy!



Ingredients:

2 (12-oz) bags frozen butternut squash
1 tbsp olive oil
1 diced large onion (or a handful of small onions)
1 diced large carrot (or a handful of baby carrots)
2 cloves fresh minced garlic (or 1 tbsp dried)
24 oz low sodium chicken broth
1/2 tsp black pepper
1/8 tsp dried sage

Items You'll Need:

Microwave
3 Bowls
Soup Pot
Cutting Board
Knife
Blender/Immersion Blender
Ladle
Rubber Spatula

Tip: Butternut Squash Soup can be frozen and stored for up to 9 months, and reheated in a pot on the stovetop or in the microwave. It cannot be refrozen once defrosted.

Directions:

1. Microwave the frozen squash for 5 minutes, until it's defrosted and warm.
2. Using a sharp knife, dice your onion and cut your carrots into small, bite sized pieces. This does not have to be too precise, as it will be cooked and blended later on. Mince your fresh garlic, using the back side of the knife to crush the outer shell before chopping the garlic into small pieces. (View the Everyone Cooks Kitchen Basics video on our Youtube channel for more tips and tricks on chopping these vegetables) If using dried garlic, go on to the next step.
3. In a large soup pot, heat the olive oil, onion, and carrot over medium-high heat and sauté for 5 minutes, until the onions are starting to turn clear. Add the garlic and sauté for 30 seconds. Add the squash and sauté for 3 minutes.
4. Add the broth, pepper, and sage to the pot. Bring everything to a boil, reduce the heat to a simmer, and allow to simmer for 15 minutes.
5. Turn off the burner and take the soup off the stovetop burner to cool. After the soup has cooled slightly, transfer it to a blender and blend until smooth or use an immersion blender in the pot to blend until smooth. If desired, return the pureed soup to the pot to reheat before serving.

Enjoy!