

Butternut Squash Soup

Makes 6 servings

INGREDIENTS

- 2 package frozen butternut squash (12-ounce each)
- 1 tbsp olive oil
- 1 medium onion, diced
- 1 large carrot, diced
- 1 small sweet potato, diced
- 2 cloves garlic, minced
- 1 small apple, diced
- 24 oz chicken broth or vegetable broth (low-sodium)
- 1/4 - 1/2 tsp black pepper (to taste)
- 1/4 tsp salt (omit, if desired)

Optional spices (to taste):

- 1/4 tsp dried sage
- 1/8 tsp allspice
- 1/8 tsp cinnamon

DIRECTIONS

1. Microwave the frozen squash for 5 minutes and set aside.
2. In a large soup pot, heat the oil over medium heat. Add the carrot and sweet potato and sauté for 10 minutes, or until soft. Add onion and sauté for 3 minutes or until clear. Add garlic and sauté for 30 seconds. Add the squash and apple and sauté for 3 minutes more.
3. Add the remaining ingredients. Bring to a boil, reduce heat, and simmer for 15 minutes.
4. 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.
5. If desired, garnish with a small dollop of plain Greek yogurt and a few pepitas.