

Butternut Squash Soup

Ingredients

2 tablespoons extra-virgin olive oil
1 carrot, diced
1 celery stalk, diced
1 onion, diced, soaked in cold water for 10 minutes and drained
4 cups cubed butternut squash, fresh or frozen
1/2 teaspoon chopped fresh thyme
4 cups low-sodium chicken broth
1/2 teaspoon fine sea salt
1/2 teaspoon ground black pepper

- **Method**
- Heat oil in a large soup pot over medium heat.
- Add carrot, celery and onion.
- Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes.
- Stir in butternut squash, thyme, chicken broth, salt and pepper.
- Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes.
- Use an immersion blender to puree soup. Alternatively, let the soup cool slightly and carefully puree in batches in an upright blender.

Two Twists

Thai-style Butternut Soup

Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add 1/2 cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.

Southwestern-style Butternut Soup

Add a tablespoon chopped chipotles in adobo sauce to carrot, celery and onion mixture. Garnish soup with crumbled queso fresco, toasted pumpkin seeds and chopped fresh cilantro.