

MAPLE ROASTED BUTTERNUT SQUASH SOUP

Prep time: 1hr
Cook time: 30 min
Makes 8 servings

Ingredients:

2 lb. butternut squash (1-2 squash)
1/4 cup butter
1 cup onion, chopped
1 cup carrot, chopped
1 cup celery, chopped
4 cloves of garlic, whole
1/4 cup maple syrup
2 tbsp brown sugar
1 pinch each ground nutmeg, cinnamon and allspice
4 cups vegetable stock
2 cups heavy cream
Salt and pepper to taste

Optional:

Top each serving with a spoonful of sour cream, chopped chives, and toasted pumpkin seeds if desired.

Cooking Instructions:

Cut squash in half and remove all seeds. Place halves face down on pan and place in oven. Roast for 1 hour at 300°F. Heat butter in large pan. Sautee onions, carrots, celery, and garlic until translucent (approx. 5 min). When squash is done roasting, remove from oven and scoop out the soft innards from the peel. Discard peel. Add stock and squash to a large soup pot. Bring to boil, then simmer for 30 minutes. Add brown sugar, spices, and maple syrup. Stir and remove from heat. Stir in heavy cream. Add salt and pepper to taste. Blend mixture with a hand blender, food processor or blender until smooth.