

Foodnity Recipes

Creamy Butternut Squash Soup Recipe

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For Roasting

- [ ] 1 medium butternut squash, peeled and cubed
- [ ] 2 tbsp olive oil
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

For the Soup

- [ ] 1 tbsp olive oil or butter
- [ ] 1 yellow onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups vegetable broth
- [ ] 1 tsp fresh sage, chopped
- [ ] 1 tbsp maple syrup
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Preheat your oven to 400°F. Toss the cubed squash with olive oil, salt, and pepper on a large baking sheet. Spread them out so they aren't crowding each other. Roast for about 25-30 minutes until the edges are soft and browned.
2. While the squash is roasting, heat a bit of oil in a large pot over medium heat. Add the onion and cook it slowly until it's translucent and soft—don't rush this, let it get sweet.
3. Stir in the minced garlic and fresh sage. Let them sizzle for just a minute until the smell fills your kitchen. Wow, that's the best part.
4. Pour in the vegetable broth and the maple syrup. Bring it to a gentle simmer, then turn the heat down and let it bubble softly for about 10 minutes.
5. Carefully add the roasted squash into the pot. Use an immersion blender to blend until smooth, or transfer to a blender in batches. Be careful with the steam, it's hot!
6. Stir in the lemon juice. Taste it—this is where you decide if it needs a bit more salt or pepper. Let it sit for a moment to settle.

Nutrition per serving

210 kcal	5 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you have a very large squash, you may need an extra cup of broth to get the consistency right.
- For a richer version, stir in a tablespoon of heavy cream or coconut milk at the very end.
- Make sure to peel the squash thoroughly; the skin can sometimes leave little green bits in the soup.