

# WINTER SQUASH SOUP

Servings 6 | Prep Time 20 mins | Cook Time 35 mins | Total time 55 mins

## INGREDIENTS

- 1 Butternut or Autumn Frost squash
- 1 large onion chopped
- 3 garlic cloves minced
- 3 cups vegetable broth
- 1 cup Organic Valley heavy cream
- 1 Tbsp fresh sage chopped
- 2 tsp fresh thyme
- 1 tsp fresh rosemary chopped
- 1 tsp coriander crushed (use mortar and pestle)
- 1 tsp grated ginger
- 1½ tsp salt
- 2 Tbsp butter
- 1 Tbsp olive or avocado oil
- Pepper to taste

## DIRECTIONS

- Preheat oven to 425F
- Cut squash in half and scoop out seeds. Peel the skin off the squash using a sharp knife and cube into inch size pieces
- Toss with oil and place on a parchment lined baking sheet. Bake for 20 mins or until tender and golden
- Over medium heat melt butter in a large pot. Add onion, salt and pepper. Sauté until onions are translucent. Add baked squash, garlic, sage, thyme, rosemary, coriander and ginger. Sauté until aromatic, about 1 minute.
- Add broth and heavy cream, let simmer for 10 minutes
- Using an emersion blender, blend until smooth. If using an upright blender you may need to blend in batches.
- Garnish with chopped parsley and serve