

Butternut Squash Soup

Servings: 9 | Prep/cook time: 30 minutes

Ingredients:

- 1 tbsp. olive oil
- 1 large onion, chopped
- 3 garlic cloves, finely chopped
- 1 medium butternut squash, peeled and cubed
- 4 cups vegetable broth
- Salt and pepper to taste
- ½ cup heavy whipping cream



Directions:

1. In large saucepan, heat oil over medium-high heat. Add onion, cook until tender, stirring frequently. Add garlic and cook for an additional minute.
2. Stir in squash, vegetable broth, salt and pepper and bring to a boil.
3. Reduce heat, cover and simmer until squash is tender, approximately 10 minutes.
4. Cool slightly and puree soup in a blender. Return to pan and heavy whipping cream.
5. Cook until heated, stirring frequently.