



# Butternut Squash Soup

## Ingredients

- 1 large Butternut squash, peeled & cubed
- 1 Onion, diced
- 32 oz Chicken broth, low sodium
- 3 Tbsp Sunflower oil
- 2 Tbsp minced garlic
- Fresh Thyme
- Pepper, to taste

## Instructions

1. Wash hands with soap and water.
2. Scrub butternut squash with a clean vegetable brush under running water. Cut, remove seeds, peel, and cube.
3. In a large heavy pot, heat Sunflower oil over medium heat. Add onion and garlic. Cook for 5 minutes or until softened.
4. Add butternut squash and vegetable broth. Bring mixture to a boil. Then, cover and let simmer for 15-20 minutes until squash is softened.
5. Allow mixture to cool.
6. Carefully pour the entire contents into a blender. Blend until smooth.
7. Place in cooking pot and allow to simmer for 5 minutes. Add fresh thyme (optional)
8. Serve warm.

*Recipe adapted from: [simplysunflower.com](http://simplysunflower.com), 2020*

## Fun Facts and Tips for the Kitchen:

- Butternut squash is a winter squash that has a bright orange dense flesh and is very flavorful.
- It is an excellent addition to soups and casseroles and can even be used to make pie.
- If you do not have butternut squash, you can substitute equal amounts of Acorn, Buttercup, Delicata, or Hubbard squash. You can also use sweet potatoes or pumpkin.