



Classic Butternut Squash Soup

Serves 6

This traditional squash soup is a serious crowd pleaser. Put a spin on it by trying one of the flavorful variations suggested.



Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Method:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender.

Three Twists

Apple, Gorgonzola and Almond Butternut Soup

Stir 1 cup unsweetened applesauce into puréed soup. Garnish each serving with crumbled Gorgonzola cheese, toasted almonds, a few slices of thinly sliced apple and a small sprig of fresh thyme.

Thai-style Butternut Soup

Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add 1/2 cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.

Southwestern-style Butternut Soup

Add a tablespoon chopped chipotles in adobo sauce to carrot, celery and onion mixture. Garnish soup with crumbled queso fresco, toasted pumpkin seeds and chopped fresh cilantro.

Nutritional Info:

Per Serving: 140 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 280mg sodium, 20g carbohydrate (5g dietary fiber, 4g sugar), 6g protein

Special Diets:

- [Dairy Free](#) ^[1]
- [High Fiber](#) ^[2]
- [Sugar Conscious](#) ^[3]

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#). ^[4]