

Treasure Barrel

Fall Soup Recipes: Cozy Seasonal Favorites On Repeat

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

Ingredients

For the Roasted Vegetables

- [ ] 1 large butternut squash (about 3 lbs), halved and seeded
- [ ] 2 medium carrots, roughly chopped
- [ ] 1 large yellow onion, cut into wedges
- [ ] 4 cloves garlic, smashed
- [ ] 10-12 fresh sage leaves
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon kosher salt
- [ ] 1/2 teaspoon black pepper

For the Soup

- [ ] 4 cups vegetable broth
- [ ] 1 (13.5 oz) can full-fat coconut milk
- [ ] 1/4 teaspoon ground nutmeg
- [ ] Pinch of cinnamon
- [ ] Toasted pumpkin seeds, for garnish

Instructions

1. First things first, let's preheat the oven to 400°F (200°C). There’s something so comforting about the gentle warmth that starts to fill the kitchen. While it heats up, you can prepare the vegetables. Scoop the seeds out of your butternut squash—you can save them to roast later if you like! There’s no need to peel it; the skin gets so tender. On a large baking sheet, toss the squash halves, chopped carrots, onion wedges, and smashed garlic cloves with the olive oil, salt, and pepper. Use your hands to make sure everything is nicely coated. Scatter the fresh sage leaves over the top. Just getting everything ready feels like a calm, grounding ritual.

2. Now, place the baking sheet in the preheated oven. Let the vegetables roast for about 35 to 45 minutes. You’ll know they’re ready when the squash is fork-tender and everything is starting to get those lovely, dark caramelized edges. The smell that will fill your home during this time is honestly just incredible—sweet, earthy, and so, so cozy. This slow roasting process is where all the deep, complex flavor comes from. It's worth being patient for, I promise. It's a great time to make a cup of tea and just relax for a bit.

3. Once the vegetables are beautifully roasted and tender, carefully remove them from the oven. Let them cool just enough so you can handle them. Scoop the soft flesh of the butternut squash away from the skin and place it directly into a large pot or Dutch oven. Add the roasted carrots, onion, and garlic to the pot as well. Pour in the 4 cups of vegetable broth and add the nutmeg and cinnamon. Bring the mixture to a gentle simmer over medium heat and let it bubble away softly for about 10 minutes. This little simmer helps all those individual flavors meld together into one harmonious soup.

4 This is the magical part. Turn off the heat. Using an immersion blender, carefully begin to blend the soup directly in the pot until it's completely smooth and velvety. It might take a minute or two, so be patient and keep going until there are no lumps left. Once it's silky, stir in the can of full-fat coconut milk. Look at that gorgeous, creamy color! Taste the soup and adjust the seasoning if needed—it might need another pinch of salt or pepper. Serve it warm in big, comforting bowls, garnished with a sprinkle of toasted pumpkin seeds. It's a simple meal, but feels so special.

Nutrition per serving

280 kcal	4 g	29 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If your squash is a little tough to cut, you can pop the whole thing in the microwave for 2-3 minutes to soften the skin slightly. It makes it so much easier and safer to slice through.
- The consistency of the soup is up to you. If you find it's a bit too thick for your liking after blending, simply stir in a little more vegetable broth or warm water until it reaches the perfect consistency.
- Don't throw away the roasted sage leaves! Some will blend into the soup, but if any are left on the pan, you can crumble them on top as a garnish. They become crispy and add an amazing little pop of flavor.