

Treasure Barrel

Roasted Butternut Squash Soup Recipe

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

Ingredients

Main Ingredients

- [ ] 1 large butternut squash (about 3 lbs), peeled and cubed
- [ ] 1 large yellow onion, chopped
- [ ] 3 cloves garlic, smashed
- [ ] 2 tablespoons olive oil
- [ ] 4 cups vegetable broth
- [ ] 1 teaspoon fresh thyme leaves
- [ ] Salt and black pepper to taste

For Flavor & Garnish

- [ ] 2 tablespoons pure maple syrup
- [ ] 8 fresh sage leaves
- [ ] 1/4 teaspoon freshly grated nutmeg
- [ ] 1/4 cup heavy cream or coconut milk (optional)
- [ ] Pumpkin seeds for garnish

Instructions

1. Preheat your oven to 400°F. Toss the cubed butternut squash and onion with olive oil, salt, and pepper on a baking sheet. Spread in a single layer - don't crowd them. Roast for 30-35 minutes until the squash is tender and has caramelized edges.
2. Transfer the roasted vegetables to a large pot. Add the vegetable broth, thyme, and garlic. Bring to a simmer and cook for 10 minutes to let the flavors meld together beautifully.
3. Carefully blend the soup until smooth using an immersion blender. If using a regular blender, work in batches and vent the lid to avoid pressure buildup. Stir in the maple syrup and adjust seasoning.
4. In a small skillet, crisp the sage leaves in a bit of olive oil until they're fragrant and slightly translucent - about 30 seconds. Remove and drain on paper towels.
5. Stir the nutmeg and optional cream into the soup. Ladle into bowls and garnish with crispy sage, pumpkin seeds, and a grind of black pepper. Serve hot with crusty bread for dipping.

Nutrition per serving

180 kcal	3 g	30 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Peeling butternut squash is easier if you microwave it for 2 minutes first to soften the skin
- For extra flavor, you can roast the garlic cloves along with the squash
- The soup thickens as it cools - you may need to add more broth when reheating