

Butternut Squash Soup

Dairy-free • nut-free • gluten-free • no eggs

1 large Butternut Squash, cut in ½, seeded

3 large Carrots, ends cut off and peeled

1 large Onion, peeled, cut in ½

1 large Granny Smith Apple, cut in ½, cored, skin on

1 medium Sweet Potato, whole

4 large cloves Garlic, peeled

2 tbsp Olive Oil

3-4 cups Vegetable Stock

Salt & Pepper to taste

¼ - ½ tsp Ground Cloves

¼ - ½ tsp Cinnamon

¼ - ½ tsp Nutmeg

1. Preheat oven to 425 degrees F with racks in middle. Line large baking sheet with parchment paper.
2. Place the butternut squash, carrots, onion, apple, sweet potato & garlic on roasting sheet. Drizzle with oil, salt & pepper. Roast in oven.
3. After 20 minutes, remove garlic & apple. Transfer to blender.
4. After 40 minutes, remove onion, carrots & sweet potato. Transfer onion & carrots to blender. When potato is cool enough, pull skin off & add to blender.
5. After 60 minutes, remove squash. When cool enough, scoop out flesh & transfer to blender.
6. Add 1-2 cups vegetable stock & blend until smooth. Blend in batches if blender is too small. Transfer to soup pot, add remaining stock. Add cloves, cinnamon & nutmeg.
7. Cook until heated through & serve.