



CREAMY BUTTERNUT SQUASH SOUP



GF



NF



SF



RSF

ReShape.

CREAMY BUTTERNUT SQUASH SOUP



3-4 servings

15-20 min
(+ 70 min bake+ cook)

easy

Ingredients

1400 g (1 small-sized) butternut squash
a bit of vegetable oil

270 g (4 small-sized) onions
60 g (6 big-sized) garlic cloves
30 ml (2 Tbsp) vegetable oil
a pinch of salt

3 g (1 tsp) cumin seeds
3 allspice berries
a pinch or two chili flakes

1 low sodium vegetable bouillon cube
500 ml (2 cups) water

salt & pepper to taste

Toppings

croutons or roasted squash seeds
good quality olive oil

Instructions

1. Preheat the oven to 200°C/392°F (conventional settings).
2. Clean the butternut squash, cut into 4 pieces lengthwise and remove the seeds (look Notes & Tips to learn how to make roasted seeds).
3. Rub some vegetable oil into the butternut squash and place on a baking tray lined with baking paper/silicone baking mat.
4. Bake for about 50-60 minutes until soft.
5. In the meantime peel onions and garlic cloves. Cut the onions in two.
6. When the butternut squash is soft peel off the skin if needed (sometimes the skin is soft enough and you can blend it into the soup) and cut into big cubes.
7. In a pot heat vegetable oil and add in the onions, garlic, and a pinch of salt. Let them fry up on each side until there is parts golden-brown.
8. Add in cumin, allspice, and chili flakes and let it fry for another few minutes. If needed add a splash of water to deglaze the pot.
9. Add in the butternut squash, bouillon cube, and water. Bring to the boil, cover the pot with the lid and let it all cook for about 10 minutes or until onions and garlic are soft.
10. Take out the allspice berries using a spoon (be careful not to burn yourself) and blend the soup with an immersion blender or high-speed blender.
11. Add salt and pepper to taste. Serve topped with some croutons or roasted seeds and a splash of good quality olive oil.

Notes & Tips

1. Make sure that the vegetable bouillon cube is vegan. If possible opt for an organic one or make bouillon cubes yourself (recipe coming soon, stay tuned!).
2. To roast the butternut squash seeds, clean them very well, dry gently with a clean kitchen cloth, and mix with some vegetable oil. Add in some salt and your favorite spices (sweet paprika powder, smoked paprika powder, onion powder, garlic powder, etc. Go crazy!) and add it into the baking tray alongside the butternut squash. Check on them after 30 minutes, if needed bake longer.
3. To make some homemade croutons just cube your favorite bread (can be a few days old bread too!) and toss in a bowl with some vegetable oil and your favorite seasoning. Cook on the pan until they become crunchy and you are all set!
4. If you want, you can peel the butternut squash before baking and toss the peels in vegetable oil and seasoning and bake them in the oven to get some peel chips.

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by Kate Bartel

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