

# CreakyKitchen

Cooking tips for the chronic disease community



## RECIPE

### BUTTERNUT SQUASH SOUP

#### INGREDIENTS

1 Butternut Squash, peeled and cut into 1" cubes  
2 Russet Potatoes, peeled and cut into 1" cubes  
1 Large Carrot, cut into 1" lengths (optional)  
1 White Onion, chopped  
Fresh Thyme (to your liking)  
Olive Oil  
Kosher Salt  
Fresh cracked black pepper

1 Qt Veggie or Chicken stock (make your own or stock in a box from the store)  
Nutmeg (grated fresh or about ¼ tsp ground)  
1.5 tsp Curry powder  
1.5 tsp Ras el Hanout (optional, if you can't find just double the curry powder)  
½ tsp Cinnamon  
1 tbsp Unsalted butter (optional)  
Balsamic reduction glaze (Trader Joe's has a great one)

## EQUIPMENT

Large Bowl

Soup Pot

Stick/Hand Blender

## CHEF'S TIPS

Let's start with the obvious – Breaking down a butternut (or other hard squash) is not ideal. For the experimental batch of this soup I did break one down using one of my trusty all-purpose cleavers. (Wide handle and a sharp blade!) Cutting off the top and bottom then halving at the “neck” of the squash. I then pricked the skin of the squash with a fork and placed the halves, one at a time, into the microwave for 30-45 seconds to soften the peel. Then using a “Y” shaped peeler removed the skin of both halves. Cutting the bulb end in half vertically and removed the seeds. Then cut the squash into 1” cubes. It was a workout! 1/10 do not recommend.

Take some help from the store and buy the pre-cut squash in the produce section. Way better option! Alternatively, you can cut the squash in half, season and place face down on a baking sheet lined with parchment and roast in the oven then scoop the softened squash into the soup.

## DIRECTIONS

- Heat oven to 400\*
- In a large bowl toss the squash, potatoes, onion and thyme with a generous drizzle of olive oil, salt and pepper
- Place on a baking tray lined with parchment and roast until tender (20-30 mins)
- In a soup pot (3-4Q) heat up the stock to a simmer
- Add all roasted veggies to the stock with the seasonings listed (The goal is warm, savory spice, not pumpkin spice latte)
- Take the pot off of the burner
- Now here's the fun part – Using a stick blender process the soup into a smooth consistency. Taste for seasoning and adjust salt/pepper as needed.

- Add the butter and melt into the soup for a silky consistency. Serve hot with a drizzle of balsamic reduction.

\*Alternatively, you can use your blender or food processor but BE CAREFUL adding the hot liquid to the container and doing so in batches using a towel to cover the feeder top. Steam/heat can cause the contents to explode (experienced this, not fun) so be careful.