ROASTED BUTTERNUT SQUASH SOUP

Ingredients:
- 1 large butternut squash
- 1 tablespoon olive oil
- 1 small onion, chopped
- ½ teaspoon salt
- 4 garlic cloves, minced
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground black pepper
- 4 cups low sodium broth

Directions:
1. Preheat oven to 350°F. Cut half lengthwise the butternut squash and place it over a lined rimmed baking dish flat surface down for about 60 minutes or until tender.
2. With a spoon remove and discard the seeds and stringy flesh. Scoop the cooked flesh into a blender vase or a bowl.
3. Sautee the onions for 3-4 minutes and add the garlic for 2 additional minutes.
4. Combine the squash, spices, onion and garlic and divide it in half to blend.
5. Using a blender, combine with 2 cups of broth and blend until smooth and repeat the process. Heat through in a pot and serve immediately.

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