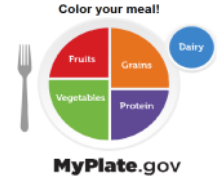




# ROASTED BUTTERNUT SQUASH SOUP



## 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 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.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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