

BUTTERNUT SQUASH SOUP

with Fresh Sage

INGREDIENTS

Prep Time: 45 Minutes

Servings: 6-8

1 medium Butternut Squash
2 medium Russet Potatoes
1 medium Yellow Sweet Onion, diced
1 medium Carrot, diced
1 quart Chicken or Vegetable Stock
1/2 cup Sour Cream
3 tablespoons Olive Oil
2 tablespoons Butter
1 tablespoon Fresh Sage or Thyme
Salt and Pepper, to taste
Extra Sour Cream, to serve

DIRECTIONS

- 1. Roast the squash and potatoes:** Preheat the oven to 400 degrees. Cut squash and potatoes into 1.5" cubes. Place squash and potato cubes onto foil-lined baking sheet and drizzle with 3 tablespoons olive oil. Season generously with salt and pepper and roast for 30-40 minutes until tender. Remove from oven, let sit until cool enough to touch; peel skins off butternut squash.
- 2. Start the soup:** Meanwhile, in a large stock pot melt 2 tablespoons butter. Add onions and carrot and sauté until tender, about 10 minutes. Season onions and carrot generously with salt and pepper.
- 3. Add roasted squash, potatoes, chicken stock and sage** to the pot with the onions and carrot. Bring to a boil and then reduce heat to simmer, covered, for 10 minutes.
- 4. Puree the soup:** Remove from heat and puree with an immersion blender or in a blender. Stir in 1/2 cup sour cream. Extra stock can be added to adjust consistency if too thick. Season again with salt and pepper if needed. Serve with a dollop of sour cream.

