BUTTERNUT SQUASH SOUP

INGREDIENTS

2 Tbsp olive oil
1 onion, chopped
1 medium sweet potato, peeled and cubed
1 medium butternut squash, seeded, peeled, and cubed
2 cloves garlic, minced
32 oz vegetable broth
1 tsp cumin
1 tsp cinnamon
1 tsp ground ginger
1 tsp nutmeg
salt and pepper to taste

METHOD

Heat olive oil in a large pot and cook garlic and onions for 1-2 minutes. Add the spices and cook for another minute.

Add squash and sweet potatoes and cook until slightly browned.

Pour stock in the pot to cover the vegetables, bring to a boil and cover. Simmer for about 40 minutes or until vegetables are tender.

Transfer to a blender or use a hand blender and blend until smooth. Add additional broth if needed to get desired consistency. Season with salt and pepper to taste.

Note: you can also use pre-baked squash and sweet potatoes. Roughly chop and add with the vegetable broth.