

Hilary's Spicy Roasted Butternut Squash Soup

Ingredients:

- 1 butternut squash, cut in half, reserve seeds
- 2 Tbsp. olive oil
- 1 sweet onion, chopped
- 3 stalks celery, chopped
- 3 medium carrots, sliced thin
- 2-inch piece of ginger, peeled
- 32 oz veggie broth (I use No-Chicken Chicken Broth)
- 2 Tbsp lemon juice
- 3 Tbsp apple cider vinegar
- 2 tsp. garam masala
- 1 tsp. turmeric
- 1 tsp. cayenne
- Salt and pepper

Directions:

1. Preheat Oven to 400 degrees
2. Bake squash in covered casserole until soft (about 35 minutes).
3. While the squash bakes, heat olive oil over medium in Dutch oven. Add onions and ginger and cook until they begin to soften (4 min).
4. Add celery and carrots and cook until tender (about 15 minutes). Add garam masala, turmeric and cayenne. Stir.
5. Once the squash is tender, scrape into the Dutch over and stir.
6. Add lemon juice and apple cider vinegar. Stir and simmer for about 5 minutes.
7. Add veggie broth. Heat to a simmer. Salt and pepper to taste.
8. I mash the soup by hand with a potato masher for a more interesting texture, though you may also blend the soup.
9. Lightly toast squash seeds in a fry pan or in the oven for about 7 minutes at 350 degrees. Sprinkle on top of soup and enjoy!

Recipe Source: I came up with this combination on my own.

Shared by: Hilary Shook

Registered Dietician Notes:

Calories: 150
Protein: 6 g
Carbohydrates: 14 g
Fat: 8.5 g
Sat fat: 1.4 g

