

# Roasted Butternut Squash Soup



*This soup is the perfect meal for a chilly fall or winter evening.*

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## Nutrition Info

- Makes:** fluid ounces  
= cups  
= milliliters (mL)
- Calories:** 1470 kcal
- Kcals/ mL:** kcal/ mL
- Carbohydrate:** 54.3%
- Protein:** 13.6%
- Fat:** 32.2%

## Make it for the whole family:

This recipe is ready to serve as creamy soup for the whole family.

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## Ingredients

- 2 pounds butternut squash, cut in half, seeds and pulp removed
- 3 large carrots, ends cut off
- 1 large sweet onion, peeled, cut in half
- 1 large granny smith apple, cut in half, cored, skin left on
- 1 medium sweet potato
- 4 garlic cloves
- 2 ½ tablespoon grapeseed oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon sage
- ⅛ teaspoon cayenne
- ¼ teaspoon thyme
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- 4 cups of chicken stock
- ½ package of silken tofu
- 3 tablespoon hemp seeds

## Kitchen Gear

Chef knife

Cutting board

Roasting sheet

Measuring tools:

- 1 cup
- Tablespoon, ½ tablespoon,
- ½, ¼, ⅛ teaspoon

## Preparation

1. Preheat oven to 425°. Line a large roasting sheet with parchment paper.
2. Place the butternut squash, carrots, onion, apple, sweet potato and garlic on the roasting sheet. Drizzle with olive oil, salt, and pepper.
3. Roast on the top shelf of the oven for 20 minutes. Remove garlic and apple (if done, may need roast for a few more minutes, check apple until done). Place on cutting board to cool.
4. Roast for another 30 minutes. Remove the onion, carrots, and sweet potato and place on cutting board to cool
5. Roast until butternut squash is tender, approximately 25 minutes. Remove the butternut squash and place on cutting board to cool.
6. Scoop pulp out of squash skin and peel sweet potato. Quarter all fruits and vegetables.
7. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
8. Thin as desired with water/chicken stock or other fluid such as milk or milk alternative.

## Tips

2 pounds of butternut squash is about 1 large squash.



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Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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