



Fall  
Classic

# Roasted Butternut Squash and Pumpkin Soup

## Ingredients

- 1.5 cups peeled and cubed butternut squash
- 1 cup pumpkin puree
- 2 tsp extra virgin olive oil
- ¼ yellow onion, diced
- 1 small clove of garlic, minced
- 2 ¼ cups low-sodium vegetable or chicken broth
- ¼ cup heavy cream
- ⅛ teaspoon nutmeg
- ¼ teaspoon ground coriander
- kosher salt and white pepper to taste

## Directions

1. Preheat oven to 375°F and line a baking sheet with foil.
2. Brush cubed butternut with olive oil then sprinkle with salt and white pepper.
3. Place on the foil lined baking sheet and roast in the oven for 35 minutes. Remove from the oven and let cool.
4. Add 2 tsp of olive oil to a large pot and heat over medium high heat.
5. Add diced onion and garlic, sauté until onion softens.
6. Add roasted butternut squash and pumpkin puree, stir to combine.
7. Stir in nutmeg, coriander, salt, and white pepper.
8. Pour in the broth and bring to a boil over medium heat.
9. Reduce heat and add cream; simmer for two minutes.
10. Use an immersion stick blender or regular blender to puree until smooth.

### Healthy Tip:

Make this recipe vegan by using coconut milk instead of cream.

Calories 351

Total Fat 7 g

Saturated Fat 4 g

Cholesterol 20 mg

Sodium 1197 mg

Total Carbohydrate 62 g

Dietary Fiber 11 g

Sugars 41 g

Protein 10 g