

Easy Butternut Squash Soup

Creamy with a touch of natural sweetness, this simple soup is delicious and healthy!



For roasted squash:

1½ cups frozen butternut squash
1 tablespoons olive oil
1 teaspoon sea or Himalayan salt
Pepper to taste

For soup:

½ cup finely chopped onion	½ teaspoon sea or Himalayan salt
2 tablespoons unsalted butter	¼ teaspoon ground white pepper (more if desired)
1¾ reduced-sodium chicken broth	¼ teaspoon garlic powder
1½ cups milk (substitute oat or almond milk for a healthier option)	2 Fresh thyme sprigs
	⅛ teaspoon freshly grated nutmeg

Heat oven to 450°F. Arrange rack in the lowest oven position. Place a rimmed baking sheet in the oven to heat.

Place the squash in a medium bowl, breaking up any pieces that are frozen together. Add the olive oil, salt, and several grinds black pepper. Toss until the squash pieces are evenly coated.

Transfer the squash to the hot baking sheet. Arrange the squash in an even layer (this prevents it from steaming).

Roast until squash is tender and crispy, about 18 to 20 minutes, gently stirring halfway through to ensure even cooking.

While squash is roasting, chop onions. In a heavy medium saucepan cook onion in hot butter until tender, stirring frequently. When squash is done, add to cooked onions, squash, broth, milk, salt, ⅛ teaspoon ground nutmeg, and white pepper, and cook for 10 minutes on low heat. Transfer all ingredients to a food processor or blender and blend until smooth. Serve soup with thyme garnish.