

Butternut Squash Soup



Butternut squashes are still available in the stores and markets. This soup snuggles up nicely to a cool November evening. If you wish, you can also use a mix of squash; acorn, delicata, pumpkin, etc.

The soup presents a blend of roasted squash, garlic, onion and celery with a hint of curry.

Make it early in the day and let it rest for one to two hours. The soup is finished with fresh cilantro and a squeeze of lime-juice.

Preparation Time: 2 hours (includes extra time to rest) - Servings: 4

Organize Your Ingredients!

Notes on Organizing

I like to prep and organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). This approach really works particularly well when making soup. Today you'll prep a total of 4 cloves of garlic: 3 whole cloves for the soup and 1 peeled clove for the dressing. Prep 2-1/4 C. onion: 1 onion quartered for the soup, 1/4 C. chopped onion for the dressing.

Butternut Squash Soup

1 tsp. - olive oil
3 whole cloves garlic (leave skin on cloves)
1 medium yellow onion (cut into quarters)
1-1/2 C. celery (cut into 3" lengths)
6 C. butternut squash or other variety of winter squash (leave rind on squash, wash and cut into 4" pieces)

3/4 C. white wine
2 large bay leaves
2 C. water
1 cube Not Chick'n bouillon
2-1/2 C. low-sodium vegetable broth
1-1/2 T. yellow curry powder or Masala curry

1/3 C. cilantro leaves (chopped)
juice from 1 lime
Garnish: plain, nonfat yogurt (stirred smooth)

Salad and Dressing

Fixings for green salad

Creamy Dill Dressing:

2 T. fresh dill (chopped, stems discarded)
1 large garlic clove (peeled)
1/4 C. sweet or yellow onion (chopped)
2 T. good olive oil
3 T. rice wine vinegar
1 tsp. Dijon mustard
1/2 tsp. salt
1/2 tsp. fresh ground pepper

1 C. plain, nonfat yogurt

Additional Items

1 whole grain roll per person or a loaf of hearty bread.

Preheat the oven to
350°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once items are prepped the assembly flows beautifully.

Butternut Squash Soup

1. Oil a cookie sheet and place garlic, onion, celery and squash on sheet in preheated 350° oven. Roast uncovered, for 35 minutes. Remove and let cool.
2. When cool, remove rind from squash and skin from garlic. Blend all roasted items with measured white wine in a food processor until smooth.
3. Transfer blended vegetables to a soup kettle and add bay leaves, water, bouillon cube, vegetable broth and curry powder.
4. Bring to a boil, reduce heat to low, cover and cook 20 minutes. Turn off burner. Allow soup to rest for at least an hour.
5. Ten minutes before you wish to dine, add fresh cilantro and lime juice, return to a boil and turn off heat.

Salad and Dressing

Make green salad for diners on individual plates.

Creamy Dill Dressing:

Blend all ingredients (except yogurt) in a food processor until finely chopped. Add yogurt and blend until creamy smooth. Transfer to a serving pitcher.

Final Ingredients/Serve

Wrap rolls or bread in foil and place in 200° degree oven. Warm 10 minutes.

Serve bowls of hot soup with warm bread and side salad. Serve dressing on the side.

Garnish: Swirl a dollop (2 T.) stirred yogurt into each bowl of soup before serving.

What I've Learned from this Recipe

Butternut squash is one of the versatile winter squashes. If you can't find a butternut squash, use any large winter squash. They're called winter squash because they harvest late and have a heavy protective rind. When stored in a cool area, they'll keep for months.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

