

Butternut Squash Soup

This is a very easy recipe which showcases the richness of butternut squash. Roasting the squash in the oven helps intensify flavor. The addition of ginger with a small amount of hot pepper pairs well with the creaminess of the soup. Butternut squash can be used in sweet or savory applications so I would encourage you to try different recipes with this very versatile fall crop.

1 whole squash, cut lengthwise in half and seeded
1 container vegetable or chicken stock (at least 30 oz.)
1 piece fresh ginger, size of thumb end
1 small jalepeno or other hot pepper
1 cup half & half, soy milk or regular milk
salt and pepper to taste
2 tablespoons olive oil

Heat oven to 350°. Rub olive oil on each cut end of squash and season w/ salt & pepper. Place squash face side down in a oven ware dish and place in oven. Roast for 45 minutes or until squash is tender. Remove and let cool. Remove peel from squash and cut squash in chunks that will fit in a blender or food processor. Use one half of the squash for this recipe; save the other half for another recipe.

While the squash is roasting put two cups of stock in a sauce pan and add the ginger (sliced thinly) and 2 tablespoons of the hot pepper (seeded and diced) to the stock. Simmer slowly for ½ hour while squash is roasting. Remove the ginger and hot pepper and place the squash, stock, half & half and salt & pepper in a blender or food processor and puree until smooth. Adjust with more stock if too thick. Add more squash and puree if too thin. Adjust flavor with salt & pepper.