

Easy Butternut Squash Soup

This is a staple in our house and freezes really well. Other veggies, such as roasted leeks or carrots or cooked potatoes, can be added before pureeing.

Wash one butternut squash. Cut in half lengthwise and scoop out the seeds. Place squash face down on a sheet pan and put in a 400° oven until it is soft enough to put a fork through—30-40 minutes. Cool and scoop out flesh into a bowl.

Coarsely chop one yellow onion. Sauté with some olive oil in a soup pot over medium heat until translucent. Mix in one teaspoon of dried thyme. Add squash flesh (and any other cooked veggies you want) and enough water or vegetable broth to cover the squash. Cook over medium low heat for 10 minutes. Blend until smooth. Heat through, season with salt and pepper, enjoy.