



Butternut Squash Soup

Ingredients:

- 1 medium butternut squash
- 1 tbsp. vegetable oil
- 1 medium carrot, washed, peeled, and cut into thin slices
- 1 onion, peeled and cut thin
- 2 stalks celery, sliced thin
- 1 leek, greens removed, sliced into ½" rounds and washed
- 1 tbsp. extra virgin olive oil
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- 1 tsp. coriander
- 1 bouquet garni (8 sprigs of thyme, 2 bay leaves, and 1 tbsp. peppercorns)
- 4 cups vegetable stock, or water
- ¼ cup maple syrup
- Salt and pepper to taste

Procedure:

1. Preheat the oven to 400°F. Cut off the top and bottom of the squash and discard.
2. Peel the squash with a vegetable peeler to remove the rind. Cut in half lengthwise and remove the seeds, then chop into medium sized (1 inch) pieces. Toss with the vegetable oil and spread onto a sheet pan. Roast in the oven for 20-30 minutes until the squash is browned at the edges and soft all the way through.
3. Meanwhile, set a soup pot over a medium flame and let it heat up for 1 minute. Add the extra virgin olive oil, then add the cinnamon, coriander, and nutmeg. Stir until fragrant, 15 seconds or so. Add the vegetables and sauté 5 minutes until the onions start to soften.
4. Add the vegetable stock or water, and the bouquet garni, and bring to a boil. Simmer, covered, for 30 minutes until the vegetables are very soft.
5. When you have 10 minutes of cooking time left for the soup, you can add the roasted squash. Remove the bouquet garni, squeezing out all the juices, and purée the soup with a stick blender. Add the maple syrup, salt, and pepper (about 2 tsp. salt). If the soup is too thick, thin it with a little water or vegetable stock.