

Roasted Butternut Squash Soup with Fried Sage

Ingredients

- 5 cups cubed butternut squash, skin removed (~1 small butternut squash)
- 2 cups carrots (peeled and cut on an angle into ~1-inch slices)
- 1/2 medium white or yellow onion, sliced (~1 cup or 120 g)
- 5 cloves garlic, peeled (left whole or slightly crushed)
- 2 tsp avocado oil (if oil-free, sub a bit more maple syrup and/or a little vegetable broth)
- 2 tsp maple syrup
- 1 healthy pinch each sea salt & black pepper
- 1 ½ - 2 cups vegetable broth
- 2/3 cup light coconut milk, plus more for serving (or sub cashew milk)
- 1/4 tsp ground cinnamon
- 1 pinch nutmeg (optional)
- 1 pinch cayenne (optional)

FOR SERVING *optional*

- Toasted croutons (see notes for instructions)
- Toasted pumpkin seeds (pepitas)

Instructions

1. Heat oven to 400 degrees F (204 C). Line two baking sheets with parchment paper (as original recipe is written // adjust as needed if altering serving size).
2. Add cubed squash, carrots, onion, and garlic to the baking sheet and drizzle with oil and maple syrup. Season with salt and pepper and toss to combine. Bake for 25-30 minutes, or until squash and carrots are tender.
3. Transfer to a large pot or Dutch oven and add vegetable broth, coconut milk, cinnamon, nutmeg (optional), and cayenne (optional). Stir to combine, then bring to a simmer over medium heat. Then reduce heat to low, cover, and simmer for 5-10 minutes to allow the flavors to meld.
4. Use an immersion blender or carefully transfer mixture to a high-speed blender (that's safe for hot foods) and blend until creamy and smooth. If you prefer thinner soup, add more vegetable broth at this time.
5. Taste and adjust flavor as needed, adding salt and pepper to taste, maple syrup for sweetness, cinnamon for warmth, nutmeg for nuttiness, or cayenne for heat.
6. Enjoy as is, or top with toasted pepitas (pumpkin seeds) or croutons and an extra drizzle of coconut milk (optional). Store cooled leftovers covered in the refrigerator for up to 4-5 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat (or microwave) until hot.

Notes

*Nutrition information is a rough estimate calculated with the lesser amount of vegetable broth and without optional ingredients.

*To make croutons, slice day-old bread (we like sourdough) into cubes (it may be easier to cube a slice of bread with scissors if your bread is difficult to cut). Add to a baking sheet or oven-safe cast-iron pan and toss with a little oil, salt, pepper, and garlic powder. Bake for 5-10 minutes at 400 degrees F (204 C) or until golden brown and toasty.

Source: <https://minimalistbaker.com/roasted-butternut-squash-soup/>