

Butternut Squash Soup

Creamy butternut squash soup with roasted vegetables and pumpkin seed garnish. Perfect autumn comfort food that's vegetarian, gluten-free, and freezer-friendly.

30 min

PREP

30 min

COOK

1h

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 onion
- 4 clove garlic
- 3 tbsp olive oil
- 1 tbsp butter
- 1 tsp salt
- 3 sprig mint
- 1.6 oz pumpkin seed
- 3 cup water
- 0.9 lb pumpkin

Instructions

- 1 Prepare the squash**

Preheat oven to 400°F (200°C). Cut the butternut squash in half lengthwise and scoop out all seeds and pulp with a spoon. Cut the flesh into 1-inch cubes and place on a baking sheet.
- 2** Drizzle the cubed squash with 2 tablespoons olive oil and season with salt and pepper. Roast for 25-30 minutes until tender and lightly caramelized around the edges.
- 3 Cook the aromatics**

Heat 1 tablespoon olive oil and 1 tablespoon butter in a large pot over medium heat. Add the diced onion and cook for 4-5 minutes until soft and translucent.
- 4** Add 4 cloves minced garlic and cook for 1 minute until fragrant. Add the roasted butternut squash and 3 sprigs fresh thyme.

5 Simmer the soup

Pour in 3 cups vegetable broth and bring to a boil. Reduce heat to low and simmer for 15-20 minutes until all vegetables are very tender.

6 Blend and season

Remove thyme sprigs and blend the soup until completely smooth using an immersion blender or regular blender (working in batches if needed). Season with 1 teaspoon salt and pepper to taste.

7 Prepare garnish

Clean and dry the reserved squash seeds. Pulse the seeds with remaining garlic cloves, 3 sprigs fresh herbs, and remaining olive oil in a food processor until coarsely chopped.

8 Serve

Ladle the hot soup into bowls and top each serving with a spoonful of the seed mixture. Drizzle with olive oil and serve immediately.

Tips

Choose butternut squash that feels heavy for its size and has a matte, tan-colored skin. Avoid any with soft spots or shiny surfaces, which indicate the squash was harvested too early.

Always warm the whole butternut squash in a 350°F oven for 10 minutes before cutting. This softens the tough skin and makes peeling much safer and easier.

Use a large, sharp chef's knife when cutting butternut squash. The firmer the knife, the safer and more efficient the cutting process will be.

Don't discard the pumpkin seeds! Clean them thoroughly, season with salt and spices, then roast for a nutritious and crunchy garnish.

For the smoothest texture, blend the soup in batches and strain through a fine-mesh sieve if desired. An immersion blender works well for a slightly more rustic texture.

Taste and adjust seasoning after blending, as the flavors concentrate during cooking. A pinch of brown sugar can enhance the natural sweetness if needed.

To prevent the soup from curdling when reheating, warm it gently over medium-low heat and stir frequently. Never boil leftover soup vigorously.

For make-ahead convenience, you can roast the squash and other vegetables up to two days in advance and store them in the refrigerator before completing the soup.