

Soup

Butternut Squash Soup from France

** Gluten-Free*

This is a perfect recipe to make when butternut squash is in season. The cinnamon and butternut flavors are simply made for each other.

You'll Need

- 5 tablespoons butter
- 1 large onion or 2 small onions sliced
- 1 butternut squash
- 3-4 cups chicken broth
- 1 - 2 cinnamon sticks
- 3/4 cup cream
- Salt and pepper
- 1/2 cup parmesan cheese



Directions

- Heat 2 tablespoons butter in a pot and add onion. Sauté with lid on. Turn occasionally.
- Remove tops and bottoms from squash. Then peel squash, cut in half length wise and remove seeds. Cut into cubes.
- Once onions are browned, add cubed squash. Add chicken stock so that it just barely covers the squash. Add cinnamon stick/s into pot. Put lid onto pot and let cook until a fork can easily slide through the squash.
- Scoop squash and onions into food processor with a spoon strainer so that fluid stays in pot. Puree after all of the onion and squash is added. If it does not move, add a spoonful of fluid to processor. Puree until smooth. Scrape out and add back to pot with soup. Stir the puree into soup.
- Add cream and stir. Add 3 tablespoons of butter into pot. Add pepper and a little bit of salt. Stir. Add parmesan cheese. Stir. Taste and adjust seasonings.

Play with Your Food

- Use half n half instead of cream.
- To make this a vegan dish use coconut milk instead of half-n-half, veggie broth instead of chicken broth and olive or coconut oil instead of butter.
- Add a pinch of cinnamon to each bowl it's a nice touch for health and food presentation.

Medwell Kitchen Tested