



JERNEJ KITCHEN

CREAMY BUTTERNUT SQUASH SOUP

*Creamy Butternut Squash Soup is a one-pot, 30-minute recipe for a creamy, thick, comforting soup.
Perfect for a family meal in autumn or winter.*

SERVES	6	PEOPLE
PREPARATION:	5	MINUTES
COOK:	25	MINUTES
TOTAL TIME:	30	MINUTES

CREAMY BUTTERNUT SQUASH SOUP

1 butternut squash (cca 1kg - 1.5kg / 2-3 pounds)

2 large onions

2 cloves of garlic

2 tbsp olive oil

2 tbsp unsalted butter

2 sage leaves

750 ml (3 cups) [Vegetable Broth](#)

360 ml (1 1/2 cup) milk

1/4 tsp cayenne pepper

TOOLS AND EQUIPEMENT

cutting board

kitchen knife

pot with a lid

blender or immersion blender

COOK THE SQUASH AND VEGETABLES

Peel the butternut squash, remove the seeds, and thinly slice it. Peel the onion and thinly slice it. Peel the garlic and finely dice. Place a pot over low heat. Add the oil, butter, onion, and garlic. Saute for 5 minutes, then add the sage and squash. Cook for 10 - 15 minutes or until the squash is soft, stirring occasionally.

TIP

[The thinner the squash is sliced, the sooner it will cook.](#)

ADD THE VEGETABLE BROTH

Add the vegetable broth (or water), and continue to simmer for 10 minutes covered with a lid.

BLEND AND SEASON

Remove from the heat and transfer to a blender (or use an immersion blender) to blend into a smooth soup. Pour in the milk, and season to taste with salt, pepper, and cayenne pepper. Stir well.

SERVE

Divide the soup between six plates and serve with chopped walnuts or pepitas, some pumpkin seed oil, or heavy cream.