



## 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.