



Creamy Butternut Squash Soup

3 hours 30 minutes

6 servings

Ingredients

- 3 lbs Butternut Squash (1 Medium) (1 medium squash = 6 c. cubes)
- 1 Medium Red Potato (cut into cubes)
- 1 White Or Yellow Onion (diced)
- 4 cloves Garlic (minced)
- 1/4 cup Parsley (chopped)
- 2 tbsps Basil Leaves (chopped)
- 1 1/2 tsps Salt
- 1/2 tsp Black Pepper
- 1/4 tsp Nutmeg
- 5 cups Water (sub unsalted vegetable or chicken broth for enhanced flavor)
- 1 cup Whole Milk (wait to add until end; sub oat or coconut milk for dairy-free)

Nutrition

Amount per serving	
Calories	139
Fat	2g
Saturated	1g
Trans	0g
Carbs	31g
Fiber	5g
Sugar	8g
Protein	4g
Cholesterol	6mg
Sodium	598mg
Vitamin A	24413IU
Vitamin C	54mg
Calcium	184mg
Iron	2mg

Directions

- 1 Peel, seed, and cube butternut squash. Cut potato into cubes and dice onion. Add all vegetables to medium sized slow-cooker.
- 2 Mince garlic, basil, and parsley. Add to slow cooker with salt, pepper, nutmeg, and water. Stir to combine.
- 3 Cook on low 6-10 hours or on high 3-4 hours. The longer the cooking time, the better the flavor. May need to add additional cup of water if cooking more than 8 hours.
- 4 Once fully cooked, add milk and use an immersion blender to blend soup until smooth. If too thick, add additional water to obtain desired consistency.

Notes

Total Time: 3 1/2 - 10 hrs: Prep time: 20-25 min // Cook time: 3-10 hrs

Serving Size: 1 1/2 cups

Pro Tip: sub dried herbs for basil and parsley if fresh not available. Use leftover roasted butternut squash and unsalted vegetable or chicken broth in place of water for better flavor.

Cooking Equipment: Peeler // Cutting board // Chef's knife // Slow-cooker //Immersion blender

Leftovers: Refrigerate in airtight container up to 5 days. Freeze up to several months.

Peel and seed butternut squash: Peel with vegetable peeler. If too tough, stab with a fork several times, then microwave 5 min until begins to soften. Cut squash in half crosswise above the bell, below thinner neck. Next cut bell in half lengthwise. Use a spoon to scrape out seeds.

Cube butternut squash: Cut neck of squash into 1/4-inch wide slices. Lay slices flat and cut lengthwise into strips. Turn strips a quarter-turn; cut across slices into cubes. Lay bell cut-side down and slice into wedges, then turn quarter-turn and cut across slices into cubes.

Cube potatoes: scrub well with a vegetable brush to remove dirt but don't peel to retain nutrients. Slice potato lengthwise into 1/2-inch slices. Lay flat-side down and cut again lengthwise into 1/2-inch matchsticks. Turn a quarter-turn and cut into 1/2-inch cubes.

Dice onion: trim top and base off onion, then peel tough outer layers (usually top 1-2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

Mince garlic: smash garlic clove: place flat edge of chef 's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

Roughly chop parsley and basil: cut leafy tops off stems (okay to include some stems). Stack leaves into a pile and chop into approximately 1/8-inch pieces.