



# Roasted Butternut Squash Soup

## Ingredients (Serves 4)

1 Butternut Squash  
Olive oil  
1 onion, diced  
1/2 poblano pepper, diced  
1 celery stalk, diced  
1 carrot, diced  
2 russet potatoes, cubed  
1 qt low sodium veggie broth  
1 tbsp fresh sage, minced  
1 tsp cumin

## Nutrition (1 svg)

KCAL: 136  
SATURATED FAT: <1 g  
FIBER: 4.5 g  
SODIUM: 146 mg  
ADDED SUGAR: 0 g

## Directions

1. Preheat oven to 400 degrees.
2. Slice squash in half and scoop out seeds with spoon. Spray sheet pan with high heat oil spray and place halved squash on pan open side down. Place cubed potatoes on pan next to squash. Roast for 20-30 minutes.
3. While squash cooks, slice onion, pepper and celery. Chiffonade sage. Then heat it all, plus cumin, in a dutch oven or large sauce pan with olive oil for about 7 minutes.
4. Add roasted vegetables to pot, as well as veggie broth, and simmer for about 10 minutes.
5. Then turn off heat and blend soup with immersion blender, hand mixer or poured into actual blender until smooth or desired consistency is achieved. Serve warm with pepitas as desired.