



Butternut Squash/Sweet Potato Soup

By Carole Ortenzo

This soup makes a wonderful appetizer or side dish for a chicken entree. It's also great for lunch along with a hearty salad. Turn the soup into a main course by adding cooked beans, grains and greens..

6 2-cup servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Storage: Refrigerate up to 4 days. Freeze up to 1 month.

Type of Dish: Main Course – Meatless, Soup



Photo: Lori Eanes Photography

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 cups onion, chopped
- 1/8 teaspoon nutmeg or 20 grates of fresh nutmeg
- 1/8 teaspoon ground allspice
- 1/4 teaspoon chili powder
- pinch of ground cumin
- 1 1/2 pounds butternut squash, peeled, seeded, chopped
- 1 pound sweet potatoes, peeled and chopped
- 1/4 pound carrots, cut into 1/2-inch rounds
- 5 cups vegetable stock
- 1 1/4 teaspoons salt
- 1/2 cup pine nuts, for garnish

Instructions

Warm the oil in a medium pot over medium heat. Add the onions, cover and cook over medium-low heat for about 5 minutes, until the onions are translucent. Add the nutmeg, allspice, chili powder, cumin, and cinnamon and sauté for 1 more minute. Add the squash, sweet potatoes, carrots and stock, and bring to a boil. Stir in 1 1/4 teaspoon salt, lower the heat and simmer, partially covered until the vegetables are easily pierced with a fork, about 15-20 minutes.

Toast the pine nuts in a dry heavy bottomed skillet, stirring constantly, until golden, about 2 minutes. Remove from the heat and set aside.

Puree the soup right in the pot with an immersion (stick) blender, or puree it in batches in a stand blender. Taste and add more salt if necessary. Serve hot.

Tips

The soup thickens as it cools, so add water or stock and a pinch of salt when reheating. Add cleaned, raw, tender greens, such as spinach or Swiss chard, after pureeing the soup. They only take a minute or two to cook. Or add sturdy greens, such as kale or collards that have already been cooked.