

Butternut Squash Soup

(vegan, GF)



Ingredients

- 1 large butternut squash
- 2 carrots
- 3 stalks of celery
- 1 large onion
- 5 cloves of garlic
- 2 Tbsp olive oil
- 1 tsp sage
- 1 tsp rosemary
- 1 Tbsp thyme
- ¼ tsp (or less) cayenne pepper
- 4 cups vegetable stock

Utensils

- Cutting board
- Knife
- 2 Large pots with lid
- Measuring cups and spoons
- Spatula
- Spoon
- Pot holders
- Blender or immersion blender



Recipe Instructions

Step 1: Prep

Prep your cutting station by laying a damp cloth down and placing your cutting board on top.

Chop carrots, celery, and onion. Cut squash in half and scoop out seeds.

Step 2: Boil & Sauté

Place squash into one large pot with water and boil for 20 minutes.

Place olive oil, carrots, celery, onion, and garlic in another large pot and sauté until tender.

Step 3: Boil

Once veggies are tender and your squash is ready, scoop out the inside of squash and add to pot. Do not add any of the skin.

Add all remaining ingredients to the pot and bring to a boil.

Step 4: Blend

Once soup is boiling, turn off stove. Using your immersion blender, blend soup until smooth.

If using a regular blender, carefully pour soup into blender and blend.

Step 5: Cool & Toppings

Once blended, let soup cool before eating.

Optional toppings:
Sour cream, plain yogurt, sunflower seeds

Step 6: Enjoy!

Enjoy!!

This can be stored in an air tight container in the fridge for about 3 days. You could also portion and freeze to have an easy meal later!



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Kitchen Safety Tips:

- Make sure to use pot holder when touching pots on the stove.
- Turn the stove off as soon as you are done using it.