

OSF Butternut Squash Soup

Ingredients:

- 2 butternut (or any winter) squash
- 1 large onion
- 2 cloves garlic
- 1 large red potato
- 1 large sprig fresh thyme
- 1 large sprig fresh sage
- 2 sprigs parsley
- 1 Tbsp olive oil
- 5 cups chicken or vegetable stock
- Kosher salt, pepper, and balsamic vinegar to taste

Directions:

1. Prep the vegetables: Peel and seed the squash, and cut into 1" cubes. Peel and slice the onion thin, peel and crush the garlic clove, peel and dice the red potato. Tie the thyme, sage and parsley with twine, to make a bouquet.

2. Saute the vegetables: Heat the 1 tbsp olive oil in a large dutch oven over medium high heat until shimmering. Add the onion and 1/2 tsp kosher salt and saute until softened, about 5 minutes. Add the garlic and saute for 1 minute, or until you can smell the garlic. Add the squash and saute, stirring, for 5 to 10 minutes, until slightly browned.

3. Cook the squash: Add the potato, herb bouquet, and enough broth to just cover the squash – 5 cups in my dutch oven. Bring to a boil, then reduce the heat to a strong simmer and cook, stirring occasionally, until the squash and potato are cooked through, 20 to 45 minutes.

**Yes, that's a wide time range – it depends on your squash. When you can crush a piece of pumpkin in your tongs, it is done.*

4. Puree the soup and simmer until thick: Remove the herb bouquet. Blend the soup until completely smooth. I do this in the pot with an immersion blender, but you can also transfer to a blender in batches. Bring the pureed soup back to a simmer and cook, stirring often, until the soup is thickened, about another 20 minutes. Taste, and add salt, pepper, and balsamic vinegar as needed.

Notes:

*The key to this soup is the extra simmering after it has been pureed.

*Make sure the soup is seasoned properly at the end – there are a lot of vegetables in there, and they need a good amount of salt and pepper to punch up the flavor. I also like to add a shot of balsamic vinegar, for the sweet/sour combination.

*A dollop of sour cream and chopped fresh sage when serving adds a nice contrast.