



a startcooking.com recipe

BUTTERNUT SQUASH SOUP

Serves 4-6



- 3 1/4 pounds of butternut squash - peeled and cut into chunks
- 1 large onion - chopped
- 2 cloves of garlic - chopped
- 3 tablespoons of butter
- 1 teaspoon of cinnamon
- 3 1/2 cups of chicken stock (or vegetable stock)
- 2 tablespoons of maple syrup
- 1/4 teaspoon of salt
- 1/4 teaspoon of black pepper

In a large pot melt the butter on medium temperature and add the onions.

Cook the onions for about 5 minutes.

Stir in the garlic and the cinnamon and cook for another 30 seconds.

Add the squash and cover with 3-4 cups of stock

Bring pot to a boil then turn down the heat and simmer for about 25 minutes or until the squash is tender.

Puree the vegetables in small batches. Put puree in separate pot. Stir in the maple syrup.

Add cooking stock according to desired thickness; season with salt and pepper.