

Creamy (But Creamless!) Butternut Squash Soup

INGREDIENTS

8+ servings

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|---|--------------------------------------|
| 1 butternut squash, peeled, halved and seeded | 1 carrot, medium dice |
| 2 teaspoons extra virgin olive oil, divided | 2 garlic cloves, minced |
| 1/4 teaspoon salt, divided | 3 celery stalks, medium dice |
| 1/4 teaspoon black pepper, divided | 2 cups Planet Oat Original |
| 1 sweet onion, medium dice | 1 32-ounce container vegetable broth |

DIRECTIONS

1. Preheat oven to 400 degrees F. Line a baking sheet with tinfoil. Rub butternut squash halves with 1 teaspoon olive oil and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Roast for 45 minutes to an hour, until tender and caramelized, flipping halfway through cooking time. Remove from oven.
2. Meanwhile, heat remaining teaspoon of olive oil in a large pot over medium low heat. Add onion and sweat 5 minutes until softened and translucent. Add the carrot, garlic and celery and cook until softened, about another 5 minutes. Add butternut squash to pot and break up with a wooden spoon into chunks. Add vegetable broth and bring to a boil, then reduce to a simmer. Stir in Planet Oat and heat over low heat until soup is warmed through.
3. Remove from heat. Using an immersion blender, carefully (liquid is very hot!) blend soup until smooth. Alternatively, let cool, then puree in a blender. Season with salt and black pepper. Serve soup with croutons (homemade or store-bought), chives and toasted salted pumpkin seeds, if desired.



Recipe courtesy of Planet Oat

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& Refrigerated Foods Association



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