



Spiced Roasted Butternut Squash Soup



4-6 servings



1 hour 15 minutes

Ingredients

- 1 large butternut squash, halved vertically and seeded
- 1 tablespoon + 1 teaspoon olive oil, divided
- Salt and pepper
- 1 yellow onion, diced
- 1/4 teaspoon pumpkin pie spice
- 3/4 teaspoon cardamom
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- Up to 3 cups vegetable broth (will depend on size of your squash – I used 2.5 cups)
- 2/3 cup canned coconut milk
- Optional garnish: pepitas

Instructions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Brush squash with 1 teaspoon olive oil and sprinkle with salt and pepper. Turn squash cut side down and bake until tender, about 45-55 minutes.
3. Meanwhile, heat 1 tablespoon olive oil in a medium pot over medium heat. Add onion and cook until translucent, about 5-7 minutes. Transfer to high-speed blender if using it.
4. Once butternut squash is cooled, scoop out flesh and transfer to high-speed blender (or pot on stovetop if you don't have one).
5. Add pumpkin pie spice, cardamom, salt, white pepper, and up to 3 cups vegetable broth.
6. Set high-speed blender to soup setting or let blend at highest speed for 6 minutes. If using the stove top, bring to a boil and remove from heat. Use an immersion blender to puree until smooth and creamy.
7. Stir or blend in coconut milk. Season with additional salt, to taste.
8. Garnish with pepitas and a drizzle of coconut milk.