

*Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Smooth & Chunky Roasted Butternut Squash Soup**

Vegan, gluten-free and dairy-free as it is prepared with Almond Milk

Makes 12 cups

Active time: 30 minutes

Total time: 1 hour

4 ½-5 pounds butternut squash or another winter squash

7 ½ cups Easy & Basic Vegetable Stock (recipe below), divided

2 tablespoons olive oil

4 cups leeks, sliced into 1/8<sup>th</sup> inch rounds *OR* 1 large onion cut into ½-inch chunks

3 four-inch sprigs fresh thyme

1 four-inch sprig fresh rosemary

2 teaspoons salt if using unsalted vegetable stock

Dozen twists freshly ground pepper

1 cup blanched, slivered almonds

### *Garnish*

Thinly sliced chives

Fresh thyme leaves

Heat the oven to 400 degrees. Wash the butternut squash. Cut it in half and remove the seeds. Place it cut side down on parchment paper on a baking pan. Bake the squash 30-45 minutes till just tender.

While the squash is cooking prepare the Easy & Basic Vegetable Stock (recipe below) or use prepared stock.

When the squash is done roasting, put it aside to cool. When cool enough to handle, peel and dice 3 cups of it and set aside. Peel and roughly chop the remaining squash. You should have about 5 ½-6 cups of roughly chopped squash.

For the soup, pour the oil into a large soup pot over medium heat. When hot stir in the sliced leeks or onion. Cover the pan and cook, stirring occasionally, for about 10 minutes until just beginning to color. Stir in the fresh thyme and rosemary and cook another minute.

Add the 5 ½-6 cups roughly chopped squash to the pot. Stir in 5 cups vegetable stock and the salt and pepper. Cover the pan and simmer the soup for 10 minutes.

*Prepare the almond milk:* Blend together the slivered almonds and 2 cups of vegetable stock for 4 minutes until smooth.

Remove the herb stalks from the soup, leaving behind the leaves. Use an [immersion blender](#) to puree the soup in the pot. Or puree the soup in batches in a regular blender and return it to the pot.

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## **Smooth & Chunky Roasted Butternut Squash Soup continued**

Stir in the almond milk and the reserved 3 cups of diced squash. Cook the soup at a simmer for 5 minutes. Adjust the salt and pepper to taste. Add additional stock if the soup is too thick.

Serve garnished with fresh chives and thyme leaves.

## **Easy & Basic Vegetable Stock**

Makes about 8 cups

Dark green ends from the leeks *OR* 1 onion cut into 1" chunks

2 carrots cut into ½-inch rounds

2 stalks celery, cut into 1-inch chunks

1 large clove, quartered

2 large bay leaves

2 large sprigs fresh thyme or 1 teaspoon dried

6 peppercorns

12 cups water

Put everything into a large soup pot. Bring the water to a boil and reduce the heat so the stock simmers for 45 minutes to 1 hour. Strain the stock through a fine strainer.

