

Roasted Butternut Squash Soup

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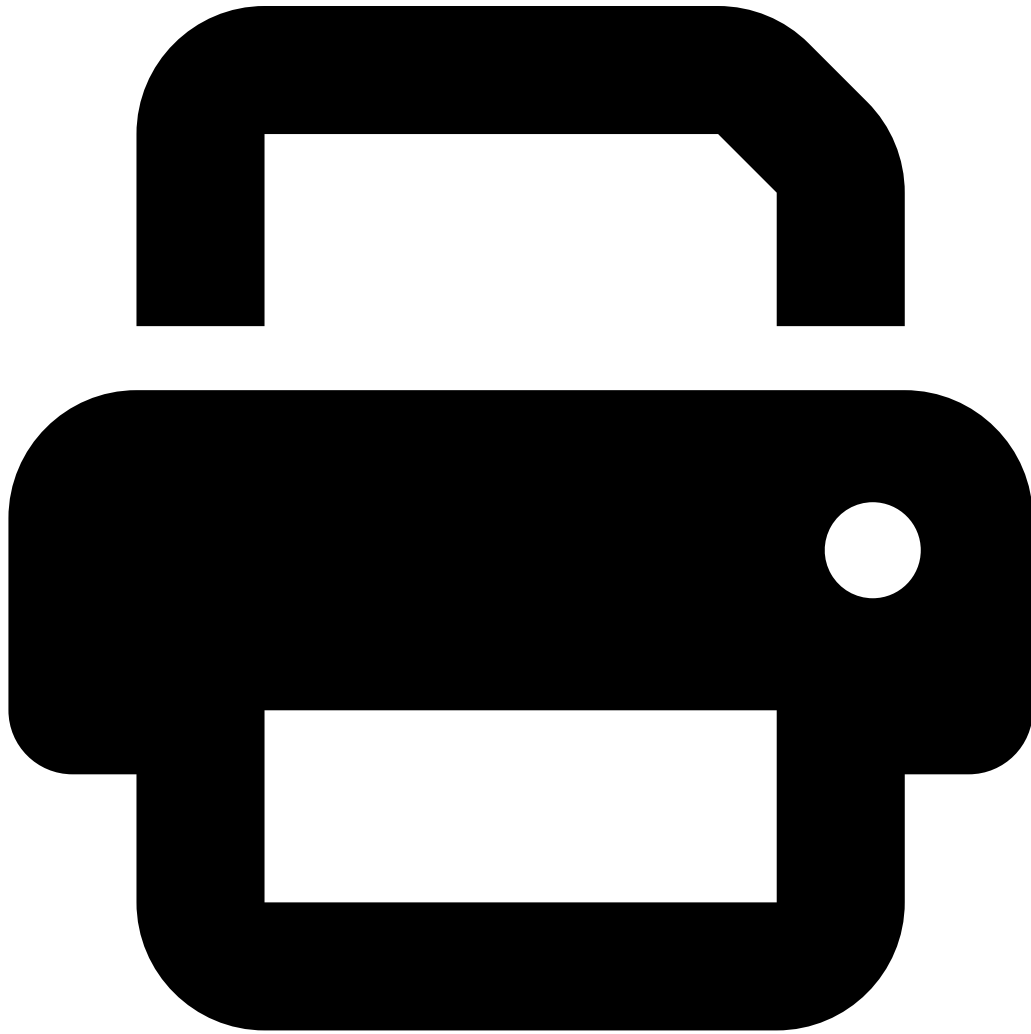
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There's nothing quite like a warm bowl of roasted butternut squash soup on a chilly day. This version roasts everything together – butternut squash, onions, garlic, sweet peppers, and carrots – for deep, caramelized flavor. Once roasted, everything is blended into a silky, naturally creamy soup that's comforting, wholesome, and full of fall goodness. It's a simple, rustic dish that tastes like something you'd get at a cozy café, yet it's easy to make right at home.

Things to know about this Roasted Butternut Squash Soup

- **Roasting Builds Flavor:** Roasting the squash, onion, garlic, peppers, and carrots together gives this soup a naturally sweet, caramelized depth you can't get from boiling.
- **Easy to Blend:** Once roasted, everything purees

beautifully for a smooth, creamy texture – no need for added cream unless you want extra richness.

- **Customizable Broth:** Use vegetable broth for a vegetarian version or chicken broth for a heartier flavor.
- **Freezer-Friendly:** This soup freezes well for up to 3 months. Reheat gently on the stove and refresh with a splash of broth.
- **Perfect Make-Ahead Meal:** Roast the vegetables a day in advance, then blend and warm when ready to serve for a quick, cozy meal.
 - **Italian Flavor Twist:** Add a drizzle of olive oil infused with rosemary, a sprinkle of Parmesan cheese, or a touch of crushed red pepper for that warm Italian flair.

If you love this cozy soup, you might also enjoy:

- Italian wedding soup
- Italian Escarole and Beans with Sausage
- Zuppa Toscana with Italian Sausage
- Vegetarian Mushroom Soup with an Italian Twist

Roasted Butternut Squash Soup



- 1 large butternut squash, halved and seeds removed
- 1 medium onion, roughly chopped
- 4 cloves garlic, unpeeled
- 1-2 small sweet peppers (or bell pepper), chopped
- 2 medium carrots, peeled and chopped
- 2-3 tablespoons olive oil
- Salt and black pepper, to taste
- 4 cups vegetable or chicken broth (as preferred)
- $\frac{1}{2}$ teaspoon smoked paprika or pinch of chili flakes for depth ((optional))
- a drizzle of cream, toasted pumpkin seeds, or crispy sage ((optional toppings))

1. Preheat oven.

To 400°F (200°C).

2. Prepare vegetables.

Place the cleaned, halved butternut squash on a baking sheet, cut side up. Fill each cavity with chopped onion, garlic cloves (still in skin), and peppers. Scatter the carrots around the pan.

3. Season and roast.

Drizzle everything with olive oil and season with salt and pepper. Roast for about 45–50 minutes, or until the squash is tender and caramelized.

4. Scoop and blend.

Once cooled slightly, scoop the flesh from the squash and squeeze out the roasted garlic. Add all roasted vegetables to a blender with 3 cups of broth. Blend until smooth, adding more broth to reach your desired consistency.

5. Simmer.

Pour the soup into a pot and warm over medium heat for 5–10 minutes. Adjust seasoning as needed.

6. Serve.

Ladle into bowls and top with a drizzle of cream or olive oil and your favorite garnishes.