

# BC BUTTERNUT SQUASH SOUP

\*blender or food processor required



*Yields:*

4 - 1 cup (250 ml) serving

## INGREDIENTS

|            |   |          |
|------------|---|----------|
| 2 tbsp     | Olive Oil                                   | 45 ml    |
| 2 cups     | Onion, diced small                          | 330 g    |
| 1 cup      | Celery, diced small                         | 125 g    |
| 3 cups     | BC Butternut Squash, peeled and diced small | 800 g    |
| 1 1/2 cups | Potato, diced small                         | 200 g    |
| 4 cups     | Chicken or Vegetable Stock, low sodium      | 1 L      |
| 3/4 cup    | Milk  | 200 ml   |
| to taste   | Salt and Pepper                             | to taste |

## DIRECTIONS

1. Add the oil to a heavy bottomed saucepot. Over low heat, cook the onion, celery and squash until tender but not brown. Season with a little salt and pepper.
2. Add the potatoes and stock, and then simmer over medium heat until all the vegetables are tender (about 25 minutes).
3. Using a blender or food processor, puree the soup until very smooth.
4. Stir in the milk.
5. Adjust seasonings, and add garnish (see Chef's tip) if desired and serve.



### CHEF'S TIP

Try adding a little Dijon mustard, maple syrup, chives, or roasted red pepper puree to the soup just before serving it to add a little air to your dinner.

BC AG FACT

Butternut squash grow on a vine on the ground like a pumpkin. They are planted in late May after the danger of frost has past. They can take 100-120 days to mature.