

Orange-Scented Butternut Squash Soup



Ingredients

2 tbsp olive oil
1 small yellow onion, chopped
2 tsp chopped ginger
1 tsp chopped garlic
1 medium butternut squash (about 2 1/2 lb), peeled and diced (5-6 cups). For a shortcut, use pre-diced butternut squash, available in many grocery stores. You can also substitute pumpkin.
1 tbsp maple syrup
3 cups reduced-sodium vegetable or chicken broth
1 cup orange juice
1/2 tsp kosher salt
1/4 tsp black pepper
Optional garnishes: crème fraiche or Greek yogurt, chopped cilantro, parsley, pumpkin seeds, orange zest

Preparation

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add the onion and cook 5-6 minutes or until softened. Add the ginger and garlic and cook another minute until fragrant.
2. Add the squash, maple syrup, broth, orange juice, salt, and pepper and stir to combine. Bring to a boil and then reduce to a simmer on low heat. Cover and simmer the soup until squash is fork-tender, about 25 minutes.
3. Puree the soup with an immersion blender until smooth. If using a traditional blender, puree the soup in batches in a traditional blender. Adjust seasoning to taste.
4. Pour the soup into bowls and garnish with yogurt, crème fraiche, cilantro, parsley, pumpkin seeds, and/or orange zest.

Notes

1. The butternut squash can be roasted up to 3 days in advance and refrigerated until you are ready to make the soup.
2. An immersion blender makes it easy to puree this soup in the pot. If using a traditional blender, be sure not to seal the lid tightly; let the steam escape otherwise the pressure will build up.
3. If you prefer a thicker soup, let it simmer on the stove after blending to partially reduce the liquid.

Nutritional Analysis per Serving

Yield: 4 Servings | Calories: 212 | Carbohydrates: 37 g | Protein: 3 g | Fat: 7 g | Saturated Fat: 1 g | Polyunsaturated Fat: 1 g | Monounsaturated Fat: 5 g | Sodium: 301 mg | Potassium: 844 mg | Fiber: 5 g | Sugar: 14 g | Vitamin A: 20057 IU | Vitamin C: 73 mg | Calcium: 111 mg | Iron: 2 mg

Recipe courtesy of [The Foodie Physician](#)