

Butternut Squash Soup

- 2 tablespoons olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash
- 1/2 teaspoon chopped fresh thyme
- 4 cups chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Heat the oil in a large soup pot. Add carrot, celery and onion. Cook until the vegetables have begun to soften and onion turns translucent – a few minutes. Stir in the butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until the squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender. Serves 6.

For a Thai-style twist: Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add ½ cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.