

Vista's Butternut Squash Soup

Ingredients:

Qty – Description

- 2 - Fairly Large Butternut Squashes
(~2 lbs each)
- 1.5 - Fairly Large Vidalia Onions
(~2 generous cups of chopped in total)
- 1 - $\frac{3}{4}$ cups of water
- 1 - 32 oz. carton of Kitchen Basics® Vegetarian
Vegetable Broth (you'll only need ~22 oz.)
- 3 - Tablespoons of Extra Virgin Olive Oil

Cooking tool check list-

- ✓ Covered, Commercial quality 3 or 4 Quart
(Greenware nonstick - 10 or 12")
- ✓ Non-metallic spatula and ladle.
- ✓ Pyrex measuring cup (1 or 2 cup size)
- ✓ Large wooden cutting board
- ✓ Large knife (10 - 12" blade)
- ✓ Giant peeler
- ✓ Hand (powerstick) blender- The Braun Multiquick hand blender is a good choice here.



Food Preparation-

- **Squash:** Rinse all of the loose dirt and debris off of the squash. Peel the skin off of it using a giant peeler. Using a large sharp knife on a cutting board (like the tools in the illustration below), cut it lengthwise down the center. Scrape the seeds and fibrous material out with a teaspoon and discard. Cut the squash into roughly 1" cubes. *Note: It is recommended to use plastic food prep gloves while handling the stripped squash.*
- **Onion:** Using the same knife, peel the skin off of the onions. Cut it roughly into $\frac{1}{4}$ " chunks.

Cooking-

➤ **Caramelize the onions...**

Place olive oil into the sauce pan and turn heat up about half way (the appropriate amount of heat to use pretty much throughout this whole recipe). Coat the bottom of the pan well and let it get hot. After a minute or two when the oil becomes fairly hot, add the chopped onions.

Set timer: ~9 minutes. The onions should fill the bottom of the pan fairly generously. Stir them around with the spatula every few minutes. I often add a bit of black pepper, sea salt and a pinch of celery seed also at around the midpoint of this step. Once the onions have started to brown a bit you are ready for the next stage.

➤ **Cook the cubed squash...**

Add all of the cubed squash to the sauce pan and add the water and close the lid tight.

Set timer: ~32 minutes. Within the 15 to 20 minutes remaining range it is good to mix this up a bit (pull the onions from the bottom to the top etc). When are about 2 to 3 minutes remaining on the timer, I find it is best to start breaking up the squash using the spatula. It should break down fairly easily at this point.

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➤ **Creating the finished soup product...**

Shake both cans of the vegetable broth really well before popping the tab and pouring it in with the squash. Mix it around a bit and keep trying to blend the squash into the broth as you do. Continue cooking it on the stove but now with the lid off.

Set timer: ~15 minutes. Once the timer goes off, turn off the heat and let it set and cool down a bit.

Set timer: ~10 minutes. Use a hand stick blender to blend it right in the sauce pan. Note: Avoid using a metallic hand blender if you are using a Non-stick pan. You will know when you are done blending... once you have altered the consistency and made it totally smooth, creamy and consistent throughout.

➤ **Serving suggestions...**

This soup is best enjoyed served hot and finished with freshly ground black pepper. From a refrigerated state, a "healthy portion" bowl (like the one pictured below - about 12 oz of soup), can be heated in a microwave oven on high for just about 2 minutes and 20 seconds (for the best results, Stir it mid-way through the heating).

Storage tips: It is useful to allow the soup to cool off a bit longer before packing it away in containers for storage. The soup will keep for about 3 days in the refrigerator or it can be frozen for weeks. If freezing, freeze it right away and use it within about 2 days of it being thawed out in the refrigerator.

The whole recipe takes about 2 hours from start to finish (half of this is food prep) and then it yields somewhere in the neighborhood of 5 to 6 healthy portions of soup (or ~68 fluid ounces in total)