



TheNakedLabel Cooking Segment

Butternut Squash Soup - Curing the Winter Blues

Although I eat soups year round, I especially love them in the winter months. Not only is this soup delicious, but it will warm you up too!

Ingredients

Main Ingredients

- 2 Tbsp Olive oil
- 2 Butternut squash
- 2 Sweet potatoes (no need to peel them)
- 3 Carrots (no need to peel them)
- 2 Onions
- 1 Stalk of celery (cut into two pieces)
- 12 Cloves of garlic (chopped)
- 12 Cups of water + a couple of cups for cooking the squash

Spices

Salt, Pepper, Nutmeg, Cinnamon, Oregano, Fresh Parsley

* Adjust the amounts based on your personal preference. If you need a starting point, since everyone's taste-buds are different, I would suggest adding about 1/2 tsp of each of the dry ingredients. When the soup is blended, taste it and make spice adjustments then. You can always add more but you can't take away.

Directions

Preheat Oven to 375°C. Cut Squash in half and scoop out the seeds. Place the squash face down on a cookie sheet or baking pan that has some water in the bottom (about 2 cups of water). Put the squash in the oven for about 35 minutes.

Turn the stove on medium heat. Using a LARGE pot, put in the olive oil. When the oil is heated, throw in the garlic and saute for about 10 seconds then throw in the onion and saute until tender. Add the chopped carrots, diced sweet potatoes, pieces of celery and stir. Now add the 12 cups of water and spices. Turn to high and bring to a boil then turn down to medium heat.

When the squash is cooked (fork should easily pierce through) remove it from the oven. Using dish gloves so you don't burn yourself, peel the squash using a spoon, dice the skinless squash and add to soup. Once the potatoes and carrots are cooked, remove the 2 pieces of celery and blend the soup using a hand blender or counter blender. Taste the soup and add more spices if necessary.

Now the best part! Scoop into bowls, add some chopped parsley to garnish and enjoy!

