Roasted Butternut Squash Soup

Roasted butternut squash, ginger, and warming spices blend with coconut milk into a silky, comforting soup. Naturally rich in beta-carotene, which the body converts to vitamin A, butternut squash also provides fiber and vitamin C. A scattering of toasted pepitas adds satisfying crunch, plant-based protein, magnesium, and zinc—bringing both flavor and nourishment to every spoonful.

INGREDIENTS

2 medium butternut squash (~4–5 lbs total), peeled, seeded + cut into 1" cubes
1 large yellow onion, roughly chopped
4 garlic cloves, peeled
3 tablespoons extra virgin olive oil
2 tablespoons fresh ginger, peeled + grated
1 teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon ground turmeric
½ teaspoon black arfa chili flakes, or other chili powder
4 cups low-sodium vegetable broth, plus more as needed
1 can (13.5 oz) full-fat coconut milk
2 tablespoons fresh lime juice
Sea salt
Freshly ground black pepper, to taste
½ cup raw pepitas (pumpkin seeds), toasted

METHOD

1. Preheat oven to 425°F. Line two large baking sheets with parchment paper. Toss butternut squash, onion, and garlic with olive oil, all spices, salt, and pepper. Spread in a single layer. Roast for 30–40 minutes, turning halfway through, until the squash is tender and lightly caramelized.
2. In a large soup pot, combine broth with coconut milk and ginger and heat on low, stirring occasionally.
3. Once the roasted vegetables are done, add to pot. Stir to combine and simmer gently for 10 minutes, allowing the flavors to meld.
4. Using an immersion blender, blend until completely smooth. Alternatively, transfer in batches to a high-speed blender, taking care with the hot liquid.
5. Add fresh lime juice. Season with salt and pepper. Adjust consistency with additional broth until desired texture is achieved. Warm gently without boiling.
6. Toast the pepitas. While the soup simmers, heat 1 teaspoon olive oil in a small skillet over medium-low heat. Add pepitas and toast for 3–5 minutes, stirring frequently, until fragrant and lightly golden. Sprinkle with sea salt.
7. Serve. Ladle warm soup into bowls. Finish with toasted pepitas.

YIELD

8–10 servings

TIME

15 min prep • 45–50 min cook

SHOPPING LIST

Butternut squash, 2 medium
1 yellow onion
1 head garlic
1 nob fresh ginger
Extra virgin olive oil
Cumin, ground
Coriander, ground
Turmeric, ground
Black arfa chili flakes, or other chili flakes
2 containers vegetable broth
1 can coconut milk, full fat
Lime
Pepitas
Salt
Pepper

STORAGE

Store in fridge for 3-5 days; freeze for up to 3 months

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