

RECIPE OF THE MONTH: White Bean Roasted Butternut Squash Soup

INGREDIENTS:

- 1 butternut squash, halved vertically and seeded
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 1 can white beans, rinsed and drained
- 1 1/2 cups vegetable broth
- 1 1/2 cup full fat coconut milk
- 1 teaspoon salt
- Pinch of ground black pepper
- 1/8 teaspoon nutmeg

INSTRUCTIONS:

Step 1: Preheat the oven to 400°F. Line a baking sheet with foil or parchment paper and spray foil with nonstick cooking spray. Place the two butternut squash halves face down on the baking sheet and bake for 1 hour. Cool for 10 minutes before peeling off the skin.

Step 2: In a large pot, heat olive oil over medium heat. Add in diced onion and sauté for 6-8 minutes. Then add in garlic and sauté for a minute.

Step 3: Transfer onion and garlic mixture to a blender, adding in the white beans and half of the broth. Blend until smooth.

Step 4: Add the flesh of the roasted butternut squash and remaining broth to the blender. Blend mixture until smooth and thick, then transfer to a large pot and place over medium-low heat.

Step 5: Stir in coconut milk. Add salt and pepper to taste. Stir in nutmeg, and allow the soup to simmer for 10-15 minutes.

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