

# Detox Butternut Squash Soup

Yields ½ gallon (64 oz)



Kansas City

## INGREDIENTS

- 1-2 – butternut squash, whole fresh
- 4-6 cups – vegetable broth or water
- 1 cup – yellow onion, diced
- 2 tablespoon – ginger, peeled & chopped
- 1 tablespoon – garlic, peeled & chopped
- 1 tablespoon – thyme, fresh, chopped
- 1 tablespoon – basil, fresh, chopped
- 1 tablespoon – maple syrup
- To taste – salt
- To taste – black pepper
- As needed - extra virgin olive oil
- 1 teaspoon -Turmeric
- 2 tablespoon - Curry powder

## OPTIONAL GARNISH

- Pumpkin seeds
- Radish
- Parsley leaves

## METHOD OF PREPARATION

1. Preheat oven to 425 degrees.
2. Cut squash in half, scoop seeds out, and coat with olive oil, salt and pepper.
3. Bake in oven, cut side down, until fork tender.
4. Once done, remove from oven and scoop meat out. Discard skin.
5. In large soup pot, on high heat, add small amount of oil and sauté onions and garlic for 3 minutes.
6. Deglaze pan with broth or water.
7. Add remaining ingredients. If too thick, add more liquid. Reduce heat to medium-low.
8. Allow to simmer for 30 minutes with lid on.
9. Remove from heat.
10. Puree with hand held blender or in kitchen blender. Add 1-2 tablespoons of extra virgin olive oil while blending.
11. Season to taste.
12. Pour into bowl.
13. For garnish, mix the 3 ingredients in bowl and season with extra virgin olive oil, salt and pepper and garish on top of soup.

**Enjoy!**



## CHEF NOTES

- Sizes of butternut squash vary. Adjust your liquid depending on squash.
- May omit curry if not desired.

Bon Appétit!

— Chef Kyle Williams

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