



BUTTERNUT SOUP

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 tablespoon grated fresh ginger
- 1 butternut squash (2 1/2-3 pounds) peeled and cut into 1-inch chunks
- 1 small non-starchy potato (such as Yukon Gold or Red Bliss), peeled and chopped
- 1 tablespoon maple syrup
- 5 cups vegetable stock or water
- Zest and juice of 1 orange
- Fine sea salt
- Fresh chopped herbs (such as chives or parsley)
- Toasted chopped pumpkins seeds, almonds, or pistachios
- Creme fraiche or plain yogurt (optional)



Heat oil in a large pot

Add the onion and ginger; cook 5 minutes or until softened, stirring occasionally.

Stir in the squash, potato, maple syrup, stock and orange zest and juice;

season generously with salt

Bring to a simmer, then adjust heat to medium-low.

Cover the pot and cook until the squash is soft when pierced with a fork.

Puree the soup in batches in a blender or with an immersion hand blender until smooth.

Garnish with the herbs and pumpkin seeds, and a spoonful of creme fraiche

