

## Roasted Butternut squash soup

SERVINGS 6

PREP TIME 20 mins

COOK TIME 1 hr 30 mins

TOTAL TIME 1 hr 50 mins

### Ingredients:

- 1 small to medium-sized Butternut Squash
- 7 fl oz Coconut Milk 200 ml
- 1-2 Red Onions
- 1-2 Bell Peppers
- 1-2 heads of Garlic
- 2 Tomatoes or 1 cup of Cherry Tomatoes
- 1 1/2 cups Vegetable Broth 350 ml
- 1 tsp Fresh Ginger optional (grated)
- Olive Oil enough to drizzle over vegetables
- Fresh Cilantro for garnish

### Seasoning:

- 1 tsp Black Pepper
- 1 tsp Ground Cumin
- 1 tsp Paprika
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- 1 tsp Chili Flakes optional, to taste

### Instructions:

- Preheat the Oven: Set your oven to 400°F.
- Prepare the Vegetables: You can either peel and chop the butternut squash, or, like I do, simply cut the squash in half for roasting. Note: Halving the squash will require a longer roasting time, while chopping the vegetables smaller will speed up the cooking process.
- Season the Vegetables: Add the seasonings (pepper, cumin, paprika, thyme, rosemary, and chili flakes) to the vegetables. Drizzle with olive oil and toss to coat evenly. If halving the squash, drizzle olive oil on the exposed flesh. Cover the dish with aluminum foil.
- Roasting: Roast for about 1 1/2 hours, or until the vegetables are golden and soft inside. (If you've chopped the vegetables smaller, the roasting time can be reduced. If you've halved the butternut squash, expect a longer roasting time.) For the last 10 minutes, remove the aluminum foil to allow the vegetables to caramelize slightly.
- Blending: Once roasted, scoop out the flesh of the butternut squash (if halved) and transfer all the vegetables to a blender. Add the vegetable broth and ginger (if using ginger), and blend until smooth and creamy.
- Cooking the Soup: Pour the blended mixture into a pot and place it on medium heat. Stir in the coconut milk and cook for about 2 minutes, allowing everything to warm through.
- Final Touch: Adjust the seasonings to your taste. Garnish with fresh cilantro, a drizzle of coconut milk, and a pinch of chili flakes, if desired. Serve with crusty bread.