

Halloween Butternut Squash Soup

A recipe from The American's Test Kitchen Healthy Family Cookbook Modified by KC Coake and posted on realcoake.com

Servings: 6 servings

Prep & Cook Time About 1 hour

Ingredients:

- 3 pounds butternut squash - 1 large
- 1 onion
- 4 teaspoons vegetable oil
- Salt and Pepper
- 3 garlic cloves, minced
- 1/4 cup dry white wine
- 2-14.5 oz cans (4 cups) low-sodium chicken broth
- 1 1/2 cups water
- 14.5 oz can low-sodium vegetable broth
- 1 bay leaf
- 1/2 cup half-and-half
- 3-4 Tablespoons sour cream

Directions:

1. Preheat oven to 450 degrees. Peel, seed and cut squash into 1/2 inch cubes. You should have around 8 cups. Half the onion and slice into 1/2 inch thick slices or large chunks.
2. Toss the squash and onion in 1 tablespoon vegetable oil as well as 1/2 teaspoon salt. Spread on a rimmed baking sheet and roast for about 30 to 40 minutes. The vegetables should be lightly browned and softened.
3. Heat the remaining 1 teaspoon oil in a large stock pot or Dutch oven. Add the roasted vegetables to the pot. Cook until the squash begins to break down. About 3 to 5 minutes.
4. Stir in the garlic and cook for 30 seconds or until fragrant.
5. Stir in the wine. Make sure to scrape up any browned bits from the bottom of the pan. Simmer until the wine is nearly evaporated.
6. Stir in the chicken and vegetable broth, bay leaf, and the water. Bring to a simmer.
7. Cover and reduce heat to medium low. Cook about 5 minutes or until the broth is flavorful.
8. Remove bay leaf.
9. Using an immersion blender, puree the soup in the pot.
10. Stir in the half-and-half and cook an additional 2-3 minutes until incorporated and the soup is hot again.
11. Season with salt and pepper to taste.
12. Place sour cream in a zipper bag.
13. Cut a small bit off one corner of the zipper bag.
14. Ladle soup into bowl. Using the sour cream in the zipper bag, start in the center of your bowl of soup and make a circle of sour cream spiraling to the outside of the bowl.
15. Starting with your knife in the center, drag your knife through the sour cream to the outside edge of the bowl. Do this multiple times to create the look of a spider web.

