

Butternut Squash & Thyme Soup

One Pot

PREP TIME: 10-15 MINUTES
COOK TIME: 45-60 MINUTES

YIELDS: 6-7 CUPS (OR 4 BOWLS)

Ingredients

- 4 cups raw butternut squash, cubed
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 onion, chopped
- 4 cups chicken broth
- 2 tablespoons butter, unsalted
- Small bunch of thyme sprigs
- ¼ teaspoon black pepper
- ½ teaspoon salt, kosher or sea salt

Nutrition Content for 1 Bowl

Calories: 239cal Carbohydrates: 35g
Fat: 9.2g Fiber: 9.5g
Protein: 8.6g Added sugar: 0g
Sodium: 677mg



Qualities

- Texture: Smooth
- Rating for Scent : 6/10
- Spice Level: 1/10

Recipe Benefits

- Anti-Nausea
- Anti-Inflammatory

Directions

1. Melt butter in a large pot over medium heat.
2. Add chopped celery, carrot, and onion.
3. Season with salt and black pepper.
4. Stir to coat in the butter.
5. Cook for 10 minutes until fragrant.
6. Add low-sodium chicken broth.
7. Add butternut squash and thyme sprigs.
8. Bring the ingredients to a boil, then reduce to a simmer.
9. Cover with a lid and simmer for 35–45 minutes (or until squash is tender).
10. Remove thyme stems, then blend soup until smooth using an immersion wand/stick blender.
11. If the mixture is too thin, boil the soup for 5–10 minutes until thickened.
12. Season once again with salt and pepper to taste.
13. Serve warm.



Chef Tips/Adjustments

- This soup can be stored in a sealed storage container for 5–7 days in the refrigerator or up to 2 months in the freezer. Make sure to remove the thyme stems before putting in blender; just leave the leaves in.
- A splash of milk/cream or a drizzle of olive oil can be added at the end for additional creaminess and flavor.
- For a thicker, more hearty soup, a small peeled & cubed potato can be added at the beginning.