

# Butternut Squash & Turmeric Soup

PREP TIME: 5-10 MINS

YIELDS: 6-8 CUPS OR 4 BOWLS (1 POT)

COOK TIME: 30-35 MINS



**Children's Hospital  
of Philadelphia®**

**Culinary Medicine**

Recipe by Chef Paige Mountain

## Ingredients

- 3 tablespoons olive oil
- 2 small white or yellow onions, chopped
- ½ teaspoon sea salt or kosher salt
- ¼ teaspoon black pepper, ground
- 1 tablespoon fresh turmeric, grated or chopped
- 1 tablespoon fresh ginger, grated or chopped
- 1 butternut squash, peeled & cut into cubes
- 4 cups vegetable broth (+more as desired to thin soup)
- Additional salt + pepper at the end, to taste
- ¼ fresh lemon
- Optional toppings (see Chef's Tips)

## Qualities

- Texture: Creamy/Smooth
- Scent : 7/10
- Spice Level: 0/10

## Recipe Benefits

- Anti-Inflammatory
- Promotes GI Health
- Anti-Nausea
- High Calorie Potential

## Nutrition Content for 1 Bowl

Calories: 189cal    Carbohydrates: 24.3g

Fat: 10.5g    Fiber: 6g

Protein: 2.5g    Added sugar: 0g

Sodium: 955.7mg

## Directions

1. Preheat oven to 400F.
2. Lay cubed butternut squash on a baking sheet, being careful not to overcrowd.
3. Drizzle with 2 tablespoons olive oil and season with salt; toss to coat on all sides.
4. Roast for 25–30 minutes, flipping squash cubes half way through.
5. Once squash is finished, warm 1 tablespoon olive oil in pot on the stove over a medium heat.
6. Add chopped onions and cook for 5–6 minutes until soft & golden.
7. Add fresh turmeric & ginger; cook for an additional 1–2 minutes, stirring often.
8. Add roasted squash and vegetable broth to the pot.
9. Bring mixture to a simmer and cook for 10 minutes to meld flavors.
10. Using an immersion blender, blend the ingredients all together. If an immersion blender is not available, a regular blender can be used or just simply mash the butternut squash using a fork against the pot (note that the soup will be less smooth). If soup is too thick, add additional broth.
11. Season with additional salt & pepper as desired and a squeeze for fresh lemon.



## Chef's Tips

1. Toppings are optional, but delicious: drizzle of heavy cream or coconut milk, chopped sage leaves or thyme, toasted pumpkin seeds, roasted chickpeas, sourdough croutons, crispy pancetta, or deep fried onions/shallots.