

BUDGET-FRIENDLY MEALS

Special Recipes for under \$8

Roasted Butternut Squash Soup



Roasted Butternut Squash Soup

Ingredients:

- 1 large butternut squash (about 3-4 cups, peeled and cubed)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable or chicken broth
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1/2 teaspoon ground cinnamon or nutmeg for extra flavor

Instructions:

1. Preheat Oven: Preheat your oven to 400°F (200°C).
2. Prepare Squash: Peel and cube the butternut squash. Toss the cubes with 1 tablespoon of olive oil, salt, and pepper. Spread them on a baking sheet in a single layer.
3. Roast Squash: Roast in the oven for 25-30 minutes, or until the squash is tender and slightly caramelized.
 4. Sauté Onion and Garlic: While the squash is roasting, heat the remaining tablespoon of olive oil in a large pot over medium heat. Add the chopped onion and cook until soft and translucent, about 5 minutes. Add the minced garlic and cook for another 1-2 minutes.
5. Combine and Blend: Once the squash is roasted, add it to the pot with the onions and garlic. Pour in the broth and bring to a simmer. Cook for an additional 5 minutes to combine the flavors.
6. Blend Soup: Use an immersion blender to puree the soup until smooth. Alternatively, you can carefully transfer the soup in batches to a blender.
7. Season and Serve: Season the soup with salt, pepper, and optional spices like cinnamon or nutmeg. Serve warm.

This recipe is not only budget-friendly but also cozy and perfect for fall!