

## Butternut Squash Soup

### Ingredients

4 c cubed butternut (2lb squash or 2 10 oz bags)    ½ tsp kosher salt and pepper to taste  
2 Tbsp olive oil    1 rosemary spear, leaves chopped  
1 large carrot, diced    ⅛ tsp red pepper flakes or to taste  
½ large yellow onion, diced    optional: 2 Tbsp sherry  
1 celery stalk, diced    3 c chicken broth (or vegetable)  
2 garlic cloves, chopped    optional: 2 Tbsp 2% Greek yogurt & snipped chives

### Directions

Peel and cube squash; set aside. Heat oil in a large saucepan or soup pot over medium heat. Add carrot, onion, celery, garlic, rosemary, chile flakes, salt and pepper; sauté until softened, about 10 minutes. If desired, add sherry and deglaze pan for 1 minute, before adding broth and squash. Bring broth to a boil, then reduce to a simmer and cook with lid slightly ajar, until squash is soft, 20-30 minutes. Process with an immersion or regular blender until just smooth; reseason with salt and pepper as needed. Add optional yogurt and blend once more, &/or garnish with a swirl of yogurt in individual bowls. Garnish with snipped chives. Serves 4, but easily doubled or tripled; freezes well too.

*cooking with care*

Cooking with Care by Amy Sokol - [www.cookingwithcare.com](http://www.cookingwithcare.com)