



Boston Children's Hospital
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Butternut Squash Soup

(6 to 8 people with leftovers, based on recipe from the Food Network Kitchens),
by Marie Ericson

Ingredients

- 3 Tbsp extra-virgin olive oil
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 4 Tbsp balsamic vinegar, optional
- 3 fresh sage leaves, cut into ribbons
- 1 tsp cumin
- 1 tsp coriander
- 2 tsp kosher salt
- Freshly ground black pepper
- Half of a 14½ ounce can of diced tomatoes (or 2 medium fresh tomatoes, diced)
- 1 medium butternut squash (2 to 2 ½ lb), peeled, halved, seeded, and diced (or save time and buy already peeled)
- 4 cups broth (chicken or vegetable work best)
- 2 Tbsp freshly grated Parmesan cheese, optional

Heat the olive oil in a soup pot over medium heat. Add the onion, garlic, sage and 1 tsp of the salt, and season with pepper, to taste. Cook, covered, stirring occasionally, until soft and fragrant, about 15 minutes.

To cook on the stovetop, raise heat to medium-high, add the tomatoes, and cook, stirring with a wooden spoon, until the tomatoes break up and the onions brown slightly, about 7 minutes. Add the squash and the remaining 1 tsp salt, and continue to cook, stirring occasionally, until the squash is tender, about 12 minutes. Add the broth, bring to a simmer, and cook, uncovered, until the vegetables are tender, about 20 minutes. Set aside to cool slightly.

To cook in the slow cooker, after the onions are cooked, throw everything in the slow cooker. Cook on high for about 4 hours or on low for 6 to 8 hours.

Working in batches, puree the soup in a blender or food processor. Return the soup to the pot and reheat over medium heat. You could also use an immersion blender and blend the soup in the soup pot or slow cooker. Stir in the balsamic vinegar if desired. Serve the soup in warm bowls, and top with Parmesan cheese if you like.

