



Heart Healthy Butternut Squash Soup

Ingredients

- 1 1/2 tablespoons Olive Oil
- 1 Butternut Squash, peeled, seeded and cut into 1" cubes
- 1 medium Texas Sweet Onion, chop into chunks
- 1 head Garlic cloves, peeled
- 3 1/2 cups Chicken Stock (divided 1 cup and 2 1/2 cups)
- Salt and Pepper to taste
- 1/4 cup Heavy Cream



Peel the Butternut Squash and remove the seeds. Cut into about 1" chunks. Chop onion into chunks. Peel and separate the Garlic Cloves.



Drizzle olive oil over the squash mixture. Sprinkle kosher salt over the top.



Pour 1 cup of homemade chicken stock over the squash mixture.

Preheat oven at 350F degrees. Place the baking dish in the oven. Cook for about 1 to 1 1/2 hours until the butternut squash is soft.



We've cooked our squash mixture in the oven as you can tell the squash is very soft.



Transfer the squash mixture to a Dutch oven. Add the rest of the chicken stock.



Add just a little bit of pepper and a little more salt. Cook at medium low covered for approximately 20 to 30 minutes.



Place the cooked squash mixture in a food processor or ninja. Add heavy cream and puree.