

# Butternut Squash Soup with O'Live A Little Roasted Butternut Squash Seed Oil

## Serves 4-6

### Ingredients

2 large butternut squash (about 4½ lbs.) or 4 lbs. peeled and cubed butternut squash  
2 medium onions  
3 cloves garlic (optional)  
3 Tbsp. O'Live A Little Roasted Butternut Squash Seed Oil  
½ tsp. salt plus more to taste  
Pepper to taste  
1 tsp. curry powder  
8 cups chicken or vegetable broth

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### Method

1. Halve, seed, peel, and cube the butternut squash. Set aside.
  2. Halve, peel, and chop the onion. Mince the garlic, if you like.
  3. Heat a large pot over medium-high heat. Add the oil and the chopped onion. Sprinkle with ½ tsp. salt and 1 tsp. curry powder. Cook, stirring occasionally, until the onion is soft, about 3 minutes.
  4. Add the garlic and cook until fragrant, about 1 minute.
  5. Add the squash and the broth. Bring to a boil. Cover, reduce heat to a simmer, and cook until the squash is very tender, about 20 minutes.
  6. Transfer small batches to a blender. Hold a kitchen towel over the top (to prevent burns) and whirl until completely and utterly smooth, 2 to 3 minutes per batch.
  7. Return the soup to the pot and add more salt to taste.
  8. When serving drizzle with Roasted Butternut Squash Seed Oil in each bowl.
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Recipe provided by O'Live A Little Specialty Gourmet



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