

# Butternut Squash & Sweet Potato Soup



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## Ingredients:

- 1 qt. vegetable stock
- 3 c. butternut squash, peeled and cubed
- 2 c. sweet potato (yam), peeled and cubed
- 1-5/8 tsp. canola oil
- 1/8 tsp. ground black pepper
- 1-1/4 tsp. canola oil
- 1/4 c. yellow onion, diced
- 1/4 c. leeks, sliced 1/4 inch, white only
- 7/8 tsp. garlic, chopped
- 1/4 tsp. ginger root, minced
- 1/4 tsp. cumin
- 4 tbsp. cooking sherry
- 1/4 tsp. ground nutmeg
- 2 tbsp. light brown sugar
- 3/8 tsp. kosher salt
- 1/4 tsp. ground white pepper
- 1/2 c. fat-free milk

## Directions:

*Note: to clean leeks, trim off root and stem. Slice white part of leek 1/4 inch thin. Rinse leeks 3 times under cold water to remove any dirt or sand.*

1. Preheat oven to 375 degrees.
2. Coat butternut squash and yams with 1-5/8 tsp. canola oil and black pepper.
3. Place squash and yams on a baking sheet in a single layer. Roast in oven for 25-30 minutes or until tender.
4. Heat 1-1/4 tsp. canola oil in stock pot over medium heat.
5. Add onions and leeks. Heat for 5 minutes.
6. Add garlic, ginger, and cumin. Cook for 5 minutes.
7. Add sherry, nutmeg, and roasted squash and yams. Stir to combine.
8. Add stock, brown sugar, salt and white pepper.
9. Bring to a boil. Reduce heat and simmer for 25-30 minutes or until vegetables are tender.
10. Puree soup and return to pot.
11. Whisk in milk and heat through.



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