

Creamy Roasted Squash Soup

Start your Thanksgiving meal (or any chilly fall dinner) with a creamy soup made from the treasures of the colder weather – winter squash!



Give it a try – its pretty easy ...

What you need:

- 1 Large acorn squash (or any winter squash, except spaghetti)
- 1 Large carrot
- 1 medium onion
- 1/8 cup olive oil
- salt and pepper
- 2 cups chicken broth
- 2 Tablespoons dried, rubbed sage
- 1/4 teaspoon ground thyme
- 1/8 teaspoon turmeric
- 1/8 teaspoon garlic salt
- pinch of red pepper flakes
- 3/4 cup whipping cream
- 1/4 cup sour cream, plus 1 Tablespoon per bowl

How to Do it:

Cut the squash in half and clean out the inside, but save some seeds to toast for a garnish.



Place the squash, onion, carrot and seeds on a cookie sheet. Sprinkle the olive oil over everything and then add some salt and pepper.



Place in the oven at 350 degrees. Bake for about 15 minutes – then remove the seeds. If they start popping, they are done (and most likely all over the oven, as mine were!). Bake the vegetables another 20 minutes – until the squash and the carrot are tender.



Remove from the oven and let cool.

Scoop all the meat out of the squash and place all the vegetables in a food processor with the broth and the herbs. Process until smooth.



Move the puree to a sauce pan and simmer on medium-low for about 20 minutes. Add the cream and $\frac{1}{4}$ cup of sour cream. Simmer until heated through.



Garnish with a tablespoon of sour cream, swirled on the top and a few of the toasted seeds.



Serve hot!

Serves 4

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