The Best Roasted Butternut Squash Soup

4 MIN READ

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Simple. Savory. Built for steady energy. Try it today.

This is a classic, done right. Roasting butternut squash concentrates the flavor and deepens its natural sweetness without added sugar. Olive oil supports cardiometabolic health. Herbs and ginger add anti-inflammatory compounds. The result is a silky, satisfying soup that feels grounding without being heavy. This is comfort food that respects your physiology.

Roasted Butternut Squash Soup Recipe

Serve it as a starter, a light dinner with a protein-forward salad, or a nourishing reset meal when your system wants something calm, warm, and steady.

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 large yellow onion, chopped
- ½ teaspoon sea salt, plus more to taste
- 1 (3-pound) butternut squash, halved lengthwise
- 3 garlic cloves, chopped

- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper
- 1 to 2 tablespoons butter or olive oil, to finish

Instructions

1. **Roast the squash**
   Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper. Place the scooped-out squash halves cut-side up on the sheet. Drizzle the cut sides with about ½ teaspoon olive oil each. Rub to coat, then season with salt and pepper. Flip cut-side down and roast for 40 to 50 minutes, until completely tender. Browning is welcome. It adds flavor. Set aside to cool for about 10 minutes.
2. **Build the base**
   In a soup pot or Dutch oven, heat 1 tablespoon olive oil over medium heat. Add the onion and salt. Cook, stirring often, for 3 to 4 minutes until soft and translucent. Add the garlic, sage, rosemary, and ginger. Stir and cook for about 1 minute, until fragrant.
3. **Simmer**
   Scoop the roasted squash flesh into the pot. Add 3 to 4 cups of broth, depending on how thick you like your soup. Bring to a gentle simmer and cook for 10 to 15 minutes, stirring occasionally, to let the flavors meld.
4. **Blend and finish**
   Use an immersion blender to blend the soup until completely smooth. Add 1 to 2 tablespoons butter or olive oil and blend again. Taste and adjust with more salt and black

pepper as needed.

Make It Yours

- **Thicker, richer soup:** Use 3 cups broth and finish with butter.
- **Lighter, sippable texture:** Use 4 cups broth and finish with olive oil.
- **Extra warmth:** Add a pinch of nutmeg or pumpkin pie spice at the end.

Serve with warm bread. You can also sprinkle with roasted pumpkin seeds for extra crunch and fiber. Enjoy!

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