

# Butternut Squash Soup

*This recipe makes about 8 cups of soup*



## Ingredients

1 butternut squash  
1/2 **cup** onion, chopped  
4 cloves of garlic or 2 **tsp** minced garlic  
3-4 **cups** of vegetable broth  
1/8 **tsp** nutmeg  
1 **tsp** pepper  
1 **tsp** maple syrup  
  
olive oil  
salt and pepper to taste

## Directions:

1. Preheat oven to 425°F.
2. Line a baking sheet with parchment paper and set aside
3. Cut the squash in half and remove the seeds
4. Lightly coat the cut sides with a small amount of olive oil, spreading evenly. (Use minimal oil to extend storage life.)
5. Season with salt and pepper
6. Place squash cut-side down on the prepared baking sheet
7. Roast for 40-50 minutes or until the flesh is tender
8. In a pan, heat a small amount of olive oil or chicken broth
9. Add diced onions and sauté until soft. (Add salt if desired.)
10. Stir in minced garlic and cook for about 1 minute
11. Once the squash has cooled, peel off the skin
12. Add the roasted squash, sautéed onions, and garlic to a blender or food processor.
13. Blend until smooth
14. Add parchment paper to your trays
15. Pour soup onto trays
16. Place dividers (if you choose). We like to use 4 portions per tray for this recipe
17. Freeze dry (my cycle time was 32 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of hot or boiling water to 1 divider portion (if using) or about 1 1/2 cups of freeze-dried soup chunks. Stir and cover for a few minutes. Enjoy!

## Notes:

This is a great on-the-go recipe or meal in a bag or jar.

### Nutritional Value Per 1 1/2 cups of soup pre-freeze-dried

Calories: 74 Protein: 1 g Fat: 0 g Carbohydrates: 19 g Sugars: 5g Fiber: 2 g