

ROASTED BUTTERNUT SQUASH SOUP

(adapted from *Naturally Nidhi*)

roasting mixture:

- 1 medium butternut squash , cut in half
- 2 tbsp walnuts
- 3 medium Roma tomatoes , cut into halves
- 1 large yellow onion, halved
- 2-3 tbsp olive oil
- 1 tsp salt
- 1 / 2 tsp black pepper
- 1 tsp Herbes de Provence

soup base:

- 1 + 1 / 2 cups water
- 1 cup milk
- salt , to taste
- 1 / 2 tsp garam masala

toppings:

- roasted pumpkin seeds
 - sourdough croutons
 - grated cheese
 - heavy cream or thinned yogurt drops
- Heat oven to 400°F.

On a large baking tray, arrange the butternut squash halves, walnuts, tomatoes, and onion halves. Drizzle with olive oil and sprinkle salt, black pepper, and Herbes de Provence. Roast for 45 to 50 minutes, depending on your oven, until soft. Scoop out the roasted squash. Add all the roasted ingredients to a blender, Vitamix works best.

Pour in 1½ cups water and blend until smooth. Add more water if needed. Transfer the blended puree into a pot. Add 1 cup milk first, then more as needed to adjust the consistency. Season with Garam masala, adjust salt if needed. Warm gently for a few minutes, but do not let it boil.

Pour the soup into bowls. Add toppings, decorate with drops of heavy cream or thinned yogurt. Serve.