



[Home](#) > Classic Butternut Squash Soup

Classic Butternut Squash Soup

Serves 6

Everyone loves this recipe. It's top-rated at wholefoodsmarket.com!

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Method:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in a traditional blender.

Three Twists

Apple, Gorgonzola and Almond Butternut Soup

Stir 1 cup unsweetened applesauce into puréed soup. Garnish each serving with crumbled Gorgonzola cheese, toasted almonds, a few slices of thinly sliced apple and a small sprig of fresh thyme.

Thai-style Butternut Soup

Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add 1/2 cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.

Southwestern-style Butternut Soup

Add a tablespoon chopped chipotles in adobo sauce to carrot, celery and onion mixture. Garnish soup with crumbled queso fresco, toasted pumpkin seeds and chopped fresh cilantro.

Nutritional Info:

Per Serving: 140 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 280mg sodium, 20g carbohydrate (5g dietary fiber, 4g sugar), 6g protein

Special Diets:

- [Dairy Free](#) ^[3]
- [High Fiber](#) ^[4]
- [Sugar Conscious](#) ^[5]

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#). ^[6]

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[2] <http://www.wholefoodsmarket.com/>

[3] <http://www.wholefoodsmarket.com/healthy-eating/special-diets/dairy-free>

[4] <http://www.wholefoodsmarket.com/products/special-diet/high-fiber>

[5] <http://www.wholefoodsmarket.com/healthy-eating/special-diets/sugar-conscious>

[6] <http://www.wholefoodsmarket.com/terms-use>