

Delicata Squash Soup

A few simple ingredients cook up to this absolutely delicious soup. If you're not familiar with it, delicata squash is oblong and cream-colored with distinctive green or orange stripes running lengthwise. Its skin is thin and edible.

Ingredients:

- 3 pounds delicata squash
(2 pounds after prepping)
- Olive oil spray for roasting
- 5 cups vegetable broth, divided
- 1 t thyme
- Black pepper
- 1-1/2 t sea salt
- 1 cup raw unsalted cashews
- 1 cup vegetable broth, divided

Instructions:



Preheat oven to 400°F.

Halve squash and scrape out the seeds. Place the squash on a rimmed baking sheet, cut side up, and brush lightly with oil. Bake for 30-40 minutes until tender and beginning to brown.

While squash is roasting, put the cashews and 1/2 cup broth in the blender. Begin pulsing to incorporate, eventually turning the blender to high.

With the blender running, slowly add the other 1/2 cup of broth. Once all the broth is added (1 cup total), let the blender run for 1-2 minutes until the mixture is very, very smooth. Set the cashew cream aside. If your blender can't get the cream completely smooth, strain it before adding it to the soup.

Remove squash from the oven. Using a spatula, scoop out the pulp from the peel and transfer it to a large soup pot. Break up the squash into chunks with a spoon and add 4 cups of broth, thyme, and black pepper. Bring to a boil then turn down the heat and let it simmer for 20 minutes, covered.

Working in batches if needed, blend the soup until very smooth, being careful not to overfill your blender.

Note: Only fill a blender container halfway with hot liquids, and be aware of the steam when you remove the lid.

Return the blended soup to the pot and add all but 1/4 cup of the cashew cream. Season with salt and pepper. Ladle soup into bowls and garnish with extra cashew cream drizzled on the top and some fresh black pepper. Add a swirl of cashew cream on top of each serving.