

BUTTERNUT SQAUSH SOUP

CREAMY AND EASY



INGREDIENTS

1-2 Butternut Squash
1 Onion Diced
1 Garlic Minced
Pinch Red Pepper Flakes
S&P to Taste
2 Cups Broth
2 Cups Milk
Lard/Oil/Butter

DIRECTIONS

1. Preheat the oven to 400 Degrees F. Carefully cut the butternut squash in half and remove the seeds. Place upside down in a 9x13 pan that has a lip like a cake pan and place about half inch of water and place in the oven. Bake for about 30 minutes or until you can poke it with a fork and it's soft
2. In the mean time saute the Onion & Garlic in your chose of fat
3. Add the pinch of red pepper flakes and toast for one minute to release the scent
4. Turn down burner and add in the broth, milk & s&p
5. Carefully scoop out the squash from baked and semi cooled squash and carefully place into the broth mixture
6. Bring to a boil and simmer for 15 minutes (or longer)



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