

Simple & Creamy Squash Soup

Prep time

10 mins

Cook time

10 mins

Total time

20 mins

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Serves: 4

Ingredients

- 1 medium kabocha squash
- 1 yellow onion, roughly chopped
- 2 cloves garlic, smashed (optional - I like it both ways)
- 2 tablespoons olive oil
- 1¼ cup milk
- ¼ teaspoon cayenne pepper
- toasted walnuts
- salt to taste
- cream to taste



Instructions

1. Cut the squash into wedges. Scoop out the seeds, cut off the rind, and dice the squash.
2. Heat the oil in a large skillet over medium high heat. Add the squash, onion, and garlic. Sprinkle with a little salt and saute until lightly browned and the squash is cooked through.
3. Place the cooked squash in a blender and add the milk and cayenne. Blend for 3-5 minutes or until the mixture is very smooth. Season generously with salt. Top each serving with toasted walnuts, cheese, or cream.

Notes

You can adjust the taste and consistency to your liking by adding more milk, salt, or even vegetable broth, etc. I also like to add the walnuts into the blender sometimes (about ½ cup) in addition to putting the whole ones on top. Add, taste, add, taste, add, taste. That's my method. :)

Recipe by Pinch of Yum at <http://pinchofyum.com/simple-creamy-squash-soup>