

# Roasted Butternut Squash Soup



## Ingredients

1 butternut squash, peeled and cut into 1/2" cubes  
2 apples, peeled, cored and chopped into 1/2" cubes  
1 large sweet onion, coarsely chopped  
2 quarts vegetable broth  
fresh ginger grated to taste  
red pepper flakes to taste  
1 Tbsp peanut butter

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## Instructions

Roast vegetables in 425° oven for 45 minutes, stirring occasionally. In a large stock pot, add vegetable broth, ginger, red pepper flakes and peanut butter. Heat while vegetables are roasting. Once vegetables are golden, place in stock pot. Mash soup with potato masher or use an immersion blender to puree a portion of the soup.

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## Nutrition Information Per Serving

Serving Size: Fiber  
Calories: Carbohydrates:  
Fat: Protein:  
Sodium: