

## Butternut Squash Soup



### Ingredients

1 Butternut Squash - *Peeled, Seeds Removed, Large Dice*  
½ Onion - *Large Dice*  
1 Large Carrot - *Peeled, Large Dice*  
2oz Pancetta  
1 Sprig of Fresh Thyme  
1 Sprig of Fresh Sage  
½ Stick of Cinnamon  
2 Tbsp Vegetable Oil  
Water  
Pinch of Cayenne Pepper  
Salt to Taste

### Method for Soup

In a medium sauce pot, add the vegetable oil, onions, and carrots. On medium-low heat, gently sauté without allowing the vegetables to caramelize.

After the onions and carrots have softened (about 15 minutes), add the butternut squash and the pancetta. Continue to gently cook another 5-10 minutes.

Add thyme, sage, and cinnamon stick, and enough water to cover the vegetables. Allow to simmer until the squash is tender (about 30-40 minutes).

Remove from the heat and discard the thyme, sage, and cinnamon stick.

Carefully transfer the contents of the pot into a blender and purée until smooth. Season with salt and cayenne pepper to serve!

*Additional Serving Suggestion: Spiced pumpkin seeds and fresh baguette.*