

## **Creamy Butternut Squash Soup**

Naturally thick, creamy, and perfect for dinner on cool fall nights. Incredibly easy and delicious. Leftover soup tastes even better the next day.

Servings: 4

### Ingredients:

2 Tablespoons *More Than Olives Picual Extra Virgin Olive Oil*  
1 Large Yellow Onion, roughly chopped  
1 Medium Butternut Squash, about 2.5 lbs., peeled, seeds removed, cut into chunks  
2 Large Carrots, cut into 1" pieces  
2 Large Celery Stalks, trimmed and cut into 1" pieces  
2 Tablespoon Better Than Bouillon Vegetable Base\*  
2 Teaspoons Turmeric  
2 Teaspoons Black Pepper  
6 Cups Water

### Garnish:

1 Cup Raw Pumpkin Seeds  
1/4 Teaspoon Turmeric  
1/4 Teaspoon Black Pepper  
1/4 Teaspoon Sea Salt  
2 Teaspoons *More Than Olives Picual Extra Virgin Olive Oil*  
Heavy Whipping Cream, to swirl as topping

### Directions:

In a medium size stock pot, add 2 tablespoons *More Than Olives Picual Olive Oil*. When the pot reaches medium heat, add the onions, stir to coat with olive oil and cover the pot. Cook about 5 minutes, stirring occasionally. Add the carrots and continue to cook covered another 5 minutes.

Add the bouillon base to 6 cups of boiling water. Stir until base is dissolved. Add the broth, butternut squash, celery, turmeric and black pepper to the stock pot. Bring to a boil, then reduce the heat and simmer until the vegetables are very tender, 20-30 minutes.

While the soup is cooking, toast the pumpkin seeds for the garnish. Heat the oven to 375°F. Toss the pumpkin seeds with 2 teaspoons *More Than Olives Picual Extra Virgin Olive Oil*, 1/4 teaspoon turmeric, 1/4 teaspoon pepper and 1/4 teaspoon of sea salt. Place the seeds on a rimmed cookie sheet and bake until golden brown and crispy, 8 to 12 minutes. Watch the seeds closely to ensure they don't get too brown.

When the vegetables are done, use an immersion blender to purée the soup. Soup will be hot so blend carefully. If you don't have an immersion blender you can use a standard blender. Work in small batches until everything is blended.

Pour soup into individual soup bowls and create a swirl with the heavy cream. Add a sprinkle of toasted pumpkin seeds, serve immediately.

\*If you cannot find Better Than Bouillon Vegetable Base, use 6 cups of vegetable stock in place of bouillon base and 6 cups boiling water. If using vegetable stock, you might need to add some salt, to your taste, to the recipe.