



# Butternut Squash Soup

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## Ingredients:

2 14oz. cans black beans, thoroughly rinsed

1 medium size butternut squash

1 tablespoons olive oil

Salt and pepper to taste

One small yellow onion, chopped

3 cloves garlic, chopped

3 Roma tomatoes, chopped

1 tsp. fresh ginger, chopped

½ tsp. dried thyme

½ tsp. dried sage

2-3 cups chicken or vegetable broth

Hot sauce or chili pepper according to taste

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1. Preheat oven to 400 degrees F.

2. Line large cookie sheet with parchment paper

3. Peel, seed and cut squash into 1-inch pieces.

4. Place squash in large bowl and top with olive oil, ½ tsp. salt and pepper.

Toss to coat squash.

5. Transfer squash to lined pan and spread out in an even layer.

6. Roast 15 minutes. Flip squash pieces and roast 15 more minutes  
Remove from oven and set aside.

7. Melt butter in Dutch oven over medium heat

8. Add onion and cook 8-10 minutes till soft.

9. Add tomatoes, garlic, ginger, thyme, sage, ½ tsp. salt and pepper and stir to coat. Cook 1 minutes. Add roasted squash and stir to combine.

10. Add 2 cups broth and simmer for 5-10 minutes.