

Butternut Squash Soup

Makes about 2 quarts

3 tablespoons salted butter
1 onion, diced into 1/4-inch cubes
20 ounces (about 1 ¼ pounds) peeled and chopped butternut squash
1/3 cup olive oil
4 cups vegetable broth
½ tablespoon chicken base paste or chicken bouillon
Kosher salt and freshly ground black pepper, to taste
2 tablespoons pumpkin seed oil
2 tablespoons unsalted raw pumpkin seeds

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil.
2. Melt the butter in a large stock pot. Add the onions and let cook, stirring occasionally, for about 5 minutes, until soft.
3. Spread the butternut squash on the baking sheet and toss with the olive oil. Roast the butternut squash for about 10 minutes.
4. Add the broth, chicken base and the butternut squash to the stockpot and simmer for about 10 minutes, until all the vegetables are soft. Season with salt and pepper to taste.
5. Puree the vegetables directly in the pot with a hand held food processor until it is completely smooth
6. Toast the pumpkin seeds in a small dry skillet over medium heat for 10 minutes, until they are crisp and just aromatic. Let cool.
7. Ladle the soup into bowls, then garnish each bowl with a drizzle of pumpkin seed oil and pumpkin seeds.

Recipe courtesy of Wegmans Chef Ernesto Cadima

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